



Is menopause visible in your workplace? Do people openly discuss menopause or does it remain hidden?

Menopausal women are the fastest growing group of workers in the UK. But despite it being a natural life process for women, the menopause – and how symptoms can affect employees at work – are rarely discussed.

Research has found:

- Two-thirds of women say they have no support at work, feeling “embarrassed, ridiculed, mocked, alone and afraid of failing”
- 80% of women feel the menopause is not acknowledged at work
- Around 10% of women have given up work due to their menopause symptoms.

Talking Menopause is one of the leading providers of workshops, coaching, webinars and online programmes helping organisations create and manage menopause-friendly workplaces.

Our team of experts take time to understand your organisation’s wellbeing culture and priorities before working in partnership with you to provide tailored programmes for all levels of employees.

We know that increased menopause awareness at work benefits everyone: women feel supported on their menopause journey, absenteeism reduces and productivity improves.

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