



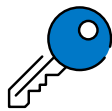
Supporting employees through the Menopause: a guide for managers.

The health and wellbeing of your workforce has never been so important. We've created the Academy to provide clinical insights and expertise to help organisations define and deliver their wellbeing strategies.

We're here to help you build a more resilient, happier and healthier workplace where everyone can thrive.



The Academy provides:



Exclusive access to clinical insights on healthcare trends in society and in the workplace.



Expert thinking from leading Bupa clinical and healthcare experts with frontline experience.



Practical tips and tools on how to build actionable plans from health awareness campaigns to people policies.

What you can expect from this bitesize module?

Women over 50 represent the fastest growing working section of the workforce yet, 1 in 4 have left their job as a result of feeling unwell due to the menopause and almost half feel they couldn't tell their workplace that having to take a day off was because of the menopause.

Organisation's risk losing people who will generally be at the peak of their experience and knowledge, due to misunderstanding menopause symptoms and providing little support in the workplace.

By recognising the role that line managers can play in supporting the menopause and normalising conversations, organisations can benefit from increased engagement, loyalty, and improved talent retention.

This bitesize module is a pre-recorded video, hosted by a Bupa clinician who will share:

- Insight into menopause symptoms and their impact on the workforce
- How best to approach a conversation on the menopause
- Tips on how best to support someone dealing with the menopause
- Practical tips on altering the workplace environment for someone experiencing symptoms



1 in 4

Around 1 in 3 women have either experienced or are currently going through the menopause

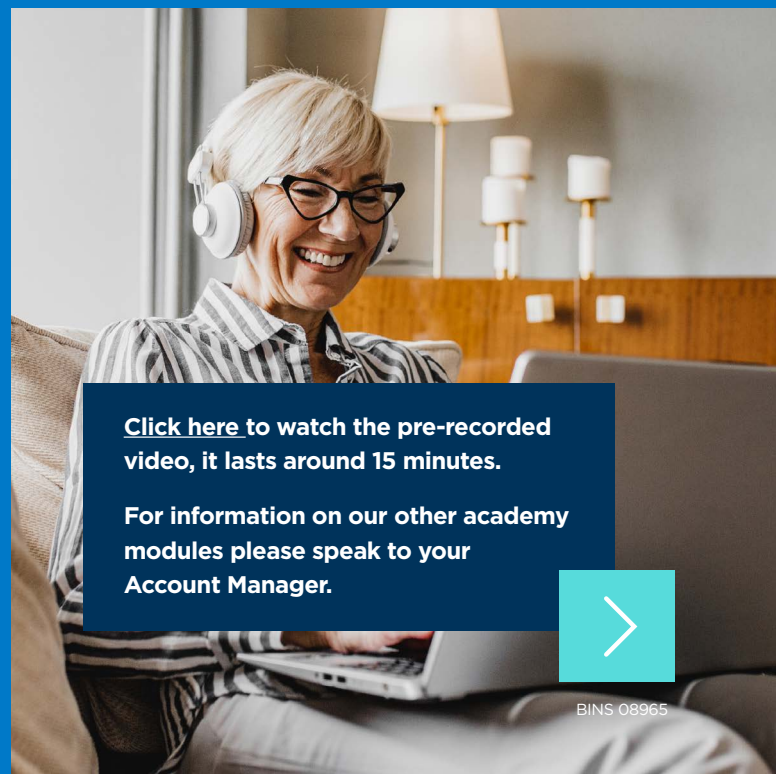
1 in 4 menopausal women say they don't get the support they need from their manager



6 in 10 menopausal women say their symptoms have had a negative impact on their work



Around 8 in every 10 women will experience noticeable symptoms, and of these 45% will find their symptoms hard to deal with



[Click here to watch the pre-recorded video, it lasts around 15 minutes.](#)

For information on our other academy modules please speak to your Account Manager.

