



Menopause at work

How Managers can help

Be aware of policies

Having clear and accessible workplace policies is key to managing issues effectively. A policy on menopause and the workplace could be included in your health and wellbeing policies.

Talk to your staff

Building relationships that are based on trust, empathy and respect make working life better for everyone. Have regular, informal one-to-ones with colleagues.

Don't assume

The menopause is an individual experience, some women may have negative symptoms, some not. Respect that not all women may want to talk about it.

Trained managers

It's important managers have the skills and knowledge to support colleagues when needed and know the right course of action to take.

Provide access to sources of support

Provide information of how your workplace can help and where colleagues can find further support such as their GP or expert groups.

Find out more

www.acas.org.uk/menopause