

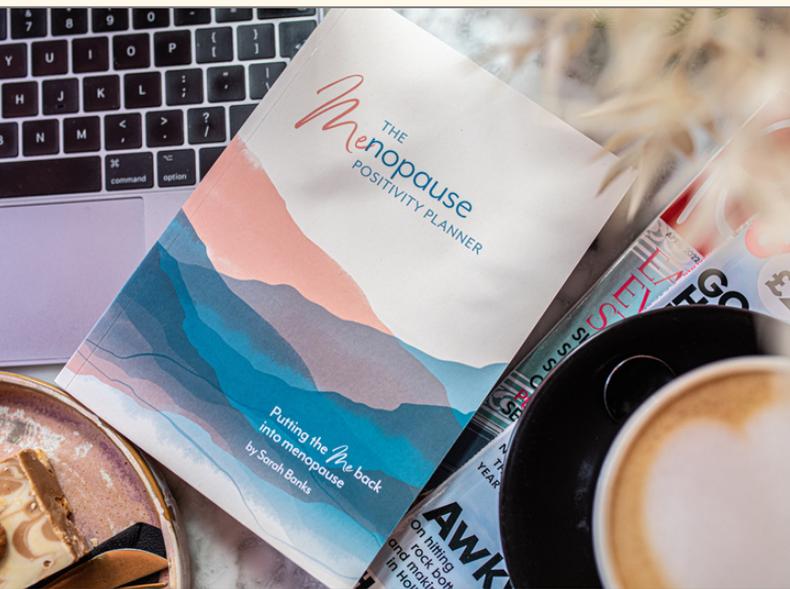
The Menopause Positivity Planner is a unique support resource, that combines coaching exercises and coping strategies with a 12-week journal to fully support people through their menopause. This planner has been designed to help all women embrace their menopause with optimism; feeling prepared, empowered and positive about what comes next.

Supporting Your Employees

Research has shown that **90%** of women felt that their menopause symptoms were having a negative impact on their work and **10%** have left their jobs because of symptoms of the menopause.

The ONS stated that menopausal women are the fastest growing demographic in the workplace, highlighting the need for more support and understanding from organisations.

Providing the Menopause Positivity Planner to your employees as a support resource will help them cope and stay productive in the job they love.



Benefits to You

- Retain valued and experienced employees.
- More productive and happy workforce.
- Shows your employees that you care about their wellbeing.
- Highlights your focus on Diversity, Equity and Inclusion.
- Create a reputation as an employer who values their employee's wellbeing.
- Companies become more appealing employers (particularly to women) when they have a supportive policy on menopause.

Feedback on the Planner

"Just loving this menopause positivity planner. Its got so many different things in it, questions to ask yourself, things to think about and giving you ideas on how to concentrate on yourself and help you to realise that what you're feeling physically and emotionally are quite normal for this time in your life.

There us also a three month diary so that you can write down how you're feeling and to make you reflect on what has been positive in your day, even the smallest things count"

Benefits to your Employees

- They feel calmer, more informed and more in control of what is happening to their body.
- They feel supported by you and important to the organisation.
- They are better able to manage their symptoms at work (and at home).
- They feel more confident and competent in their role.
- Provides coping strategies and exercises to aid emotional wellbeing.
- They feel more secure in their role.