



Menopause in the workplace.

Menopause is something we should all know about, whether you're experiencing it or not, so we can support those who are.

1. Know the basics

Everyone should have a basic understanding of menopause.

2. Normalise the conversation

Get comfortable with having conversations about menopause.

3. Ask questions

Everyone's different and everyone's menopause experience is different too.

4. Know what support is available

Find out your company policy or best practice so you can signpost colleagues.

5. Be considerate

If you know a colleague is menopausal, be mindful of their needs.

6. Call out misogynistic language

Unfortunately, misogynistic attitudes and language around menopause persist.



retailtrust.org.uk/menopause
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