

## WEBINAR: MANAGING MENOPAUSE IN THE WORKPLACE

**WEDNESDAY 11 JANUARY 2023 – 12:30 – 13:30**

**Webinar details:** The platform is **Zoom** and can be viewed on a mobile, tablet, laptop or PC. The link to join will be emailed to you nearer the time. It would be helpful to download Zoom on to your device beforehand - the app is Zoom Cloud Meetings. Please note that it may not be possible to access your video and microphone if you are remote accessing your office computer - you may want to forward the link.

**Cost:** £40 – Member and Associate Members of BDLS/Trainee Solicitor  
£45 – Non-Member of BDLS

**CPD:** 1 hour

**This presentation is designed for Managers and HR professionals and will provide an insight into the importance of understanding and supporting menopause in the workplace. Nicola Green will provide knowledge, understanding and practical guidance (not legal or medical advice) to help you support employees whose working life is (directly or indirectly) impacted by menopause. The presentation will include:**

- **A lived experience and the impact at home and at work.**
- **Information and facts.**
- **Symptoms impacting individuals at work and practical tips to help manage them.**
- **Why menopause needs to be understood in the workplace.**
- **Supportive measures and signposting.**
- **How you can help support employees during this time.**
- **Q&A.**

**This session is not provided to tell managers how to do their jobs or to expect them to become menopause experts; it is to provide them with greater understanding and awareness in order to increase effective management.**



This webinar will be presented by **NICOLA GREEN**. Nicola worked in law for over 20 years before creating her own business as a Workplace Menopause Consultant. Nicola's passion is to educate, support and empower all ages and genders on a topic many of us know little about.

### **BOOKING FORM**

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**Please complete and return this slip with your payment by Wednesday 4 January 2023**

Bournemouth and District Law Society, Borough Chambers, Fir Vale Road, Bournemouth BH1 2JJ – DX 7616  
Bournemouth – Tel: 01202 587551 email: [office@bournemouthlaw.com](mailto:office@bournemouthlaw.com)

No*	Membership Type	Cost
	Solicitor Member	£40
	Associate Member	£40
	Trainee Solicitor	£40
	Non-Member	£45
<b>Cheque/BACS* payment made for</b>		<b>£</b>

\*Please indicate

Cheques: payable to "**Bournemouth & District Law Society**"

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