

Menopause Matters

Navigating Menopause in the Workplace

The menopause comes with many physical, emotional and psychological challenges that can impact your employees on a daily basis.

Often considered a taboo subject, talking about menopause helps prepare for the road ahead and allows us to feel empowered to seek advice or treatment for the symptoms that bother us most.

50% of the population will go through the menopause, so lets open up the conversation and understand why it happens, what you may notice and what practical steps you can take to navigate this time.

Session Outline

What is perimenopause & menopause

Understanding the impact of perimenopause and menopause in the workplace

What 'over the counter' options are there to help?

What is HRT? Is it all bad?

Practical steps employers can take to support employees

Session Includes

An comprehensive presentation from a practicing doctor

Relevant information for the whole organisation

An open forum with an opportunity to engage and ask questions



Speaker: Dr Brooke Vandermolen

Dr Brooke Vandermolen, better known as her online handle "The Obgyn Mum", is a practicing NHS Obstetrics & Gynaecology doctor, as well as a mother to 2 babies. She has worked and trained in a variety of London NHS hospitals. She has presented her research into high-risk pregnancy at major international conferences and published in prominent medical journals. Brooke is experienced at dealing with all aspects of women's health and pregnancy.

After having difficulty finding accurate, evidence-based information to trust to guide her through her own first-time pregnancy and parenthood, Brooke began sharing insights and tips around pregnancy, birth, fertility, menopause and more through social media and blog posts. She works as a digital content creator for the Royal College of Obstetricians and Gynaecologists, NHS England and well-known brands.

She is an experienced public speaker and social influencer, and, is on a mission to talk openly and informatively about women's health and parenthood.