



**Member training:**

**Menopause and Mental Health**

**March featured training**

**Menopause and Mental Health.** Menopause marks the end of a woman’s period and her reproductive years. Some women look forward to this change, while others don’t. Most women, however, do not welcome the symptoms that come with menopause, particularly when it comes to their mental health. This session will unpack the topic of menopause and mental health, dispelling some of the myths and presenting the facts. The session will also include practical strategies for women entering this stage of life, as well as for their colleagues, managers and organisations wishing to understand more and provide support.

**Participants will:**

* Learn what menopause is and how it can affect mental health.
* Explore how culture might impact a woman’s experience of menopause.
* Discuss how to open a dialogue about menopause in the workplace and what things might help on an individual and organisational level.

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**On demand(no Q&A)**[Watch here](https://optum.webex.com/webappng/sites/optum/recording/c113de3a8dbd103cbb7f005056818b09/playback)****Short of time?**Watch the 10-minute summary  **[here](https://optum.webex.com/webappng/sites/optum/recording/f9652a848dc5103c9faf00505681b4d1/playback)** | **5th March**7-8 am GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBAYA4) | **5th March**7-8 pm GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBKYA4) | **7th March**5-6 pm GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBPYA4) | **8th March**1-2 pm GMT(with Q&A)**[Register now](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBUYA4)** |

**Spaces for the live training session options are limited, so advance registration is required.**

**Get started**

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