



**Member training:**

**Menopause and Mental Health**

**March featured training**

**Menopause and Mental Health**. Menopause marks the end of a woman’s periods and reproductive years. Some women look forward to this change, while others do not. Most women, however, do not welcome the symptoms that come with menopause, particularly when it comes to their mental health. This session will unpack menopause and mental health, dispelling some of the myths and presenting the facts. This 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.

Learning Points

* Understand what the menopause is and how it can affect mental health
* Explore how culture may impact a woman’s experience of the menopause
* Discuss the impacts that the menopause has in the workplace
* Provide flexible, creative solutions that support women before, during and after their experiences with the menopause

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) | **10th March**  1-2 PM GMT  (with Q&A) | **13th March**  7-8 AM GMT  (with Q&A) | **17th March**  5-6 PM GMT  (with Q&A) | **19th March**  7-8 PM GMT  (with Q&A) |
| **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/95c5734eac63103dbbf3fa5954ceed9c/playback)**  **Short of time?**  Watch the 10‑minute summary  **[here](https://optum.webex.com/webappng/sites/optum/recording/4f1f3181ac6a103dbed73206c688ef1c/playback)** | [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000fWNJYA2) | [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000fWLhYAM) | [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000fWTlYAM) | [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000fWWzYAM) |

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

**Get started**

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