



The Kathryn Colas Academy
Menopause Management for Every Workplace

MENOPAUSE CHAMPION TRAINING PROGRAMME

ACCREDITED 1 day Course





TRAIN TO BE YOUR WORKPLACE MENOPAUSE CHAMPION IN 2023

This is a professional, CPD Accredited 1-day training course for anyone interested in menopause.

You may already be a health awareness champion, a mental health or first aid champion ready to develop your skills and knowledge in managing menopause better in the workplace.

On completion, you will have the right solutions and action plans to make a positive difference in every workplace.

WHAT DOES A MENOPAUSE CHAMPION LOOK LIKE?



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Become a Menopause Champion!

Anyone with a passion for menopause can become a Menopause Champion where you can learn the basics of how to identify and support someone struggling with menopause symptoms and be part of a wider network of champions who are working to improve menopause awareness.

If you're an employer, choosing someone to become your workplace Menopause Champion is a good way to show your commitment to improving menopause support in the workplace. Alternatively, if you are an individual who is passionate about menopause, you can reach out to your workplace and offer to become their champion.

Anyone can become a menopause champion, and there are a number of ways you can contribute to improving menopause awareness in your workplace. Here are a few things you can do:

1. Discuss training to become a certified Menopause Champion at work
2. Become involved in workplace initiatives to improve menopause.
3. Educate yourself on the latest research, wellbeing strategies and developments around menopause.
4. Share your personal experiences about menopause if you feel comfortable doing so.



The Kathryn Colas Academy
Menopause Management for Every Workplace

OUR FOUNDER & HOW IT STARTED



The Kathryn Colas Academy
Menopause Management for Every Workplace

“

**Early intervention around
menopause is recommended;
it's more efficient than
hindsight**

”

Menopause Champion Accredited Training Programme
Kathryn Colas, CEO Kathryn Colas Academy & Author

ABOUT KATHRYN COLAS

- In 2012 Kathryn Colas resigned from a senior executive role in hotel management facing an unknown challenge: menopause - the debilitating symptoms, and the dense shroud of taboo were totally unexpected and difficult to accept. As someone who had always relied on inner resilience, perseverance and bounce back approach, Kathryn pursued answers to all those questions that simply didn't make any sense. Her story is one of discovery, learning, passion and commitment.
- At the outbreak of the Covid-19 Pandemic, Kathryn Launched her best-selling book: How to Survive Menopause Without Losing Your Mind. And, if anything, people's desire to know more about menopause has grown exponentially since then.
- Kathryn is a sought-after media commentator and public speaker, working tirelessly to improve menopause understanding. She is the author of How to Survive Menopause Without Losing Your Mind, another great result from the pandemic.
- Her growing team of Executive Menopause Coaches empower employers through CPD Accredited training and support that influences policy and practice.
- Find out more at: <https://kathryncolasacademy.com>



The Kathryn Colas
Academy

Our Ethos Comprehensive & Inclusive Support



A COMPREHENSIVE
PROGRAMME
DESIGNED AND
DELIVERED BY
EXPERIENCED AND
PROFESSIONAL
FACILITATORS.



WE CONTINUALLY
MEASURE AND ASSESS
OUR LEARNING,
TRAINING AND
DELIVERABLES TO THE
MUTUAL BENEFIT OF
ALL.



THE KATHRYN COLAS
ACADEMY DESIGNS AND
PRODUCES EXTERNAL
WEBINARS & MEDIA
CAMPAIGNS TO BUILD
ENGAGEMENT AND
DEVELOP AWARENESS
TO A WIDER AUDIENCE



OUR PROGRAMME
WILL INCREASE
YOUR KNOWLEDGE
AND AWARENESS TO
SHARE WITH YOUR
NETWORK IMPROVING
AND DEVELOPING AN
INCLUSIVE COMMUNITY.



ALL INFORMATION ON
THIS PROGRAMME IS
CONFIDENTIAL AND
WILL NOT BE SHARED
EXTERNALLY.



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THE FACTS

RESEARCH SHOWS...

TUC interviewed 500 Reps and the response was:

80%



said NO information was made available to women about menopause

49%



didn't have risk assessments dealing with Menopause

45%



said managers didn't recognise Menopause and lacked information

70%



didn't have a policy for handling absence linked to Menopause

22%



said no Occupational Health/Welfare support available

53%



said NO information was made available to women about menopause



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A Guardian 2022 Survey of 2,000 Women tells us

THE IMPORTANCE OF MENOPAUSE CHAMPIONS

WHAT DO WOMEN SAY?

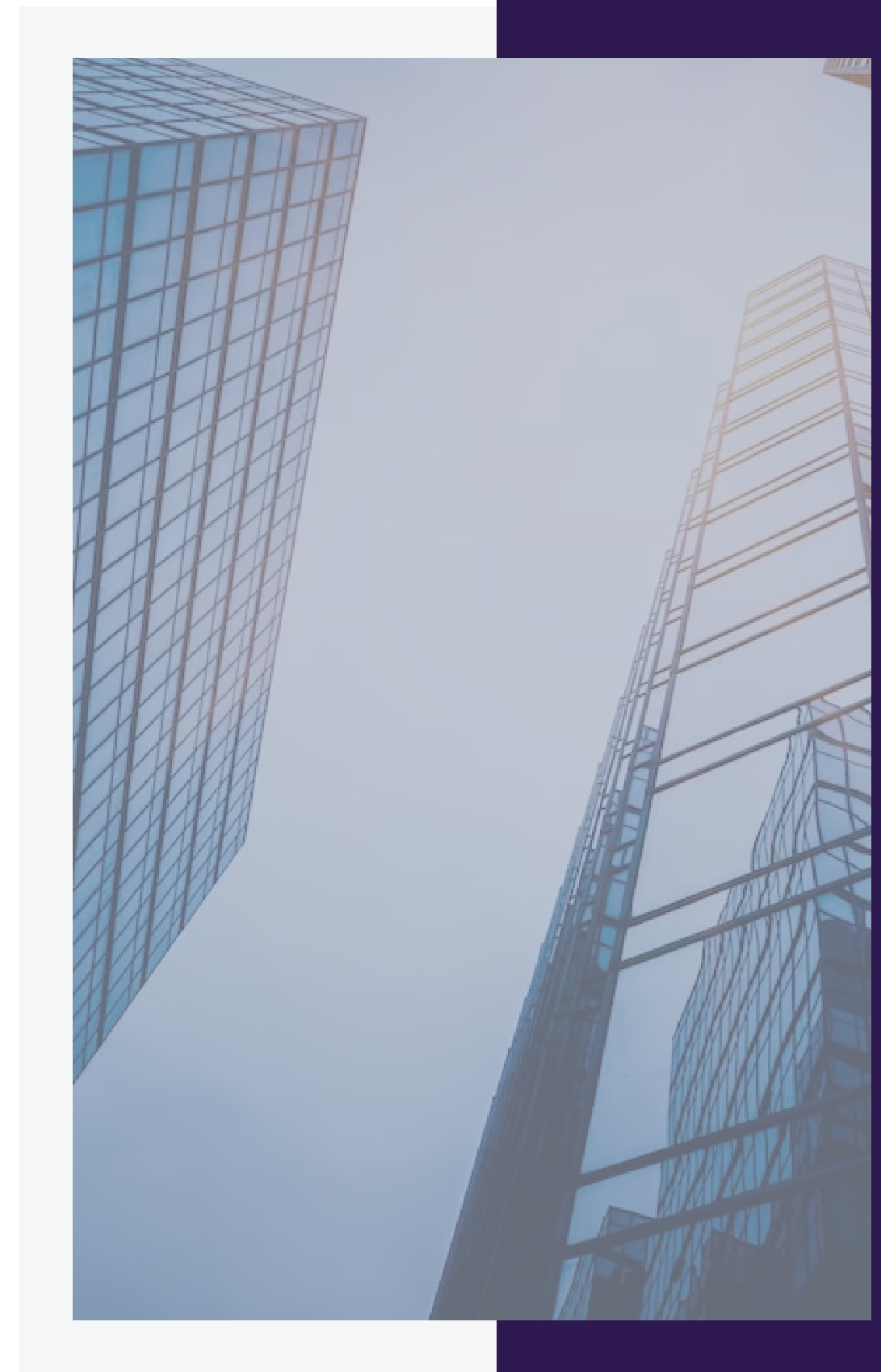
- **62% say that menopause impacts their work**
- **33% don't talk about their symptoms**
- **43% too embarrassed to ask for support**

HOW DOES KATHRYN COLAS ACADEMY

SUPPORT YOUR ORGANISATION?

We provide three types of menopause strategies to support the workplace:

1. Accredited In-house Menopause Ambassador Programme.
This is a live and online, comprehensive 5-week training programme for Managers and HR Leaders looking to increase knowledge and skills in menopause management and support in the workplace.
2. Accredited Menopause Champion Course.
This is a live and online 1-day training course for anyone looking to increase knowledge and skills in menopause awareness. It is a 'lighter' version of our Menopause Ambassador Programme and often used as a 'first step' towards supporting colleagues in the workplace.
3. Introductory webinars and podcasts to increase knowledge, understanding and skills of menopause management in the workplace. Sessions can be female only, male only and organisation-wide.





The Kathryn Colas
Academy

A small selection of the
companies we work with..



**Become an Accredited Menopause Champion
and support your team!**



Once certified, you will receive your CPD certificate and our prestigious Menopause Support Badge. You can add this to your email signature, website and other relevant business documents and social media.

LEARN FROM OUR TEAM OF MENOPAUSE EXPERTS





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ABOUT THE PROGRAM



MENOPAUSE CHAMPION PROGRAMME FORMAT & STRUCTURE

PARTICIPANTS

Anyone looking to increase their knowledge and skills in workplace menopause management

DELIVERY

Individual Modules presented in an inclusive learning environment, delivered by Certified Experienced Menopause Coaches

DURATION

A four-part programme in an interactive community environment
Equates to 8hrs training & learning hours

FORMAT

1. Live, interactive workshops
2. Multiple choice Assessments
3. CPD Certification and Accreditation Badge

RESULTS

External Accreditation & Presentation of Certificates delivered via email and postal service.

MENOPAUSE CHAMPION TRAINING PROGRAMME MODULES

**Onboarding and
Module 1 –
Exploding Menopause
Myths**

**Module 2 –
Menopause Symptoms and
solutions**

**Module 3 –
EDI and Workplace
Culture**

**Module 4 –
Menopause
Best Practice**

**Individual 1:1
Conversation via Zoom
How are you getting
on?**

**Final Assessment and
CPD Cert Presentation**



The Kathryn Colas
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**By the end of our course you will
be able to:**

- Identify myths and misunderstandings of menopause.
- You will understand where and how menopause health fits into workplace wellbeing.
- You will have a Menopause Toolkit – full of resources to meet the needs of a modern workplace.
- You will have the confidence to talk to colleagues and senior members of your organisation about menopause guidelines for a collaborative, equality driven workplace.

What are you waiting for?



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HOW TO JOIN

1. visit our website at www.kathryncolasacademy.com
2. Pay online for single applicants. For teams of 5 or more, please contact natasha@kathryncolasacademy.com
3. Once your application has been accepted you will receive a Welcome Pack with instructions for the 1 day course.

On completion of the 1-day course and multiple-choice assessment, you will receive your CPD Certificate, Menopause Tool Kit, our new Menopause Award Certificate for use in your email address and on company literature as you will be a fully accredited Menopause Champion!



MENOPAUSE CHAMPION 1 DAY PROGRAMME

FAQ'S

ACCREDITATION

Our training programmes are externally Accredited by CPDUK

HOW MANY PEOPLE CAN PARTICIPATE?

Each programme can be delivered to between ten and thirty participants

HOW MANY LEARNING HOURS ?

A four-part programme in an interactive community environment that equates to 8hrs training & learning hours

PROGRAMME FEE

1. Open-source for individual participants £600 pp +VAT
2. Bespoke courses or webinars on application

HOW TO APPLY?

On the KCA website at

www.kathryncolasacademy.com



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CONTACT US



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