

PACKAGES

WE HAVE SERVICES SUITABLE FOR ALL BUSINESS TYPES & SIZES

START-UP



INCLUDES:

- DEDICATED MENOPAUSE MENTOR
- MENOPAUSE AWARENESS WORKSHOP
- MENOPAUSE POLICY ADVICE

SME BUSINESS



AS ABOVE PLUS:

- 1 DAY OF LEGAL ADVICE & SUPPORT
- MENOPAUSE POLICY DEVELOPMENT
- CHOICE OF 2 MENOPAUSE WORKSHOPS DELIVERED BY OUR EXTENSIVE LIST OF TRAINERS, CLINICIANS & LEGAL EXPERTS
- ACCREDITED MENOPAUSE CHAMPION TRAINING

CORPORATE



AS ABOVE PLUS:

- 2 DAYS LEGAL ADVICE & SUPPORT
- CHOICE OF 5 MENOPAUSE WORKSHOPS
- EMPLOYEE SURVEY & ANALYSIS
- EQUALITY, DIVERSION & INCLUSION STRATEGY & IMPLEMENTATION
- ACCREDITED MENOPAUSE AWARENESS FOR MANAGERS

Our workplace menopause support solutions are available for a single use or as part of an annual or ongoing service. They can enhance your employee care services or wellness programs, representing a vital aspect of your commitment to corporate social responsibility.

BESPOKE SOLUTIONS

We understand that your business may have specific needs that require a more bespoke solution, so we also offer personalised packages designed to fit your business needs precisely. For more information get in touch for a no-obligation chat.

GET IN TOUCH



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MENOPAUSE
ATWORK
SERVICES
MENOPAUSE

From legal advice for businesses to help develop and deliver on their menopause policies, to helpful solutions that support workers directly, our extensive range of services have been carefully created to ensure both businesses and employees are fairly supported.

- ✓ EMPLOYMENT LAW ADVICE & SUPPORT
- ✓ STAFF ENGAGEMENT SOLUTIONS
- ✓ MANAGER & HR TRAINING
- ✓ EMPLOYEE SUPPORT WORKSHOPS

WHY WE DO IT

Menopause and perimenopause cause symptoms including anxiety, fatigue, mood swings, brain fog, headaches, and more. These symptoms can have a huge impact on people's lives at work.

Our recent survey of over 3000 workers found:

- 98% of respondents suffered from menopausal symptoms
- 90% said symptoms affected their work
- The main symptoms detailed were issues relating to concentration, anxiety, fatigue, memory & confidence
- 77% of respondents said they didn't think their employer took menopause seriously
- And 60% said they wouldn't feel comfortable speaking to their employer.



MENOPAUSE AT WORK SERVICES. TRAINING.

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LAW

WE HAVE A RANGE OF SERVICES TO SUPPORT YOU WITH ANY MENOPAUSE RELATED CONCERNS INCLUDING:

- DEDICATED MENOPAUSE MENTORS
- LEGAL ADVICE & SUPPORT
- MENOPAUSE POLICY REVIEW, DEVELOPMENT & ROLL OUT
- MENOPAUSE AWARENESS TRAINING
- MENOPAUSE SURVEY & ANALYSIS FOR IMPROVED STAFF ENGAGEMENT

AS WELL AS ACCREDITED COURSES LIKE:

- MENOPAUSE CHAMPION TRAINING
- MENOPAUSE AWARENESS FOR MANAGERS

TO FURTHER SUPPORT YOUR TEAM WE ALSO PROVIDE A RANGE OF EXPERT-LED WORKSHOPS INCLUDING:

- DIVERSITY IN MENOPAUSE
- MENOPAUSE AWARENESS FOR MEN: BE AN ALLY
- MENOPAUSE BRAIN: PSYCHOLOGICAL IMPACT
- WELL WOMEN WORKSHOP
- NAVIGATING MENOPAUSE THROUGH NUTRITION
- BREATHWORK FOR MENOPAUSE
- DO IT RIGHT - MENSTRUAL HEALTH
- SLEEP WELL IN MENOPAUSE
- MENOPAUSE & ME

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