

# Navigating Peri/Menopause at Work



**Facilitator-led,  
on-demand learning**



**Our vision: To build a world where everyone brings their true self to work.**

**For over 20 years, Skills 4 has helped organisations develop, retain and progress talent through award-winning development programmes focused on confidence, communication, leadership and career progression.**

**This programme builds on that expertise, providing practical support for employees navigating peri/menopause at work.**



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# Skills 4

## **Practical support for employees navigating peri/menopause with confidence, clarity and self-belief.**

Peri/menopause can affect people in different ways. For some, the impact is minimal. For others, changes in energy, concentration, confidence, wellbeing or performance can create challenges both at work and at home.

While awareness of peri/menopause has increased significantly, many employees are still left wondering:

- How do I maintain my confidence?
- How do I ask for support?
- How do I communicate my needs?
- How do I continue to thrive at work?
- How do I stop doubting myself?

Navigating Peri/Menopause at Work has been designed to answer these questions.

Developed by Skills4, this practical on-demand programme focuses on the confidence, communication and self-advocacy skills that help employees navigate this important life transition positively and proactively.

### **Programme Includes**

- ✓ Five on-demand learning modules
- ✓ Practical tools and personal reflection activities
- ✓ Personalised 1:2:1 support
- ✓ Immediate workplace application

## What Participants Will Gain

- ✓ Understand peri/menopause without comparison, assumption or stereotypes
- ✓ Build confidence and self-belief during periods of change
- ✓ Recognise and articulate their value and contribution
- ✓ Manage energy and sustain performance
- ✓ Communicate needs effectively and confidently
- ✓ Advocate for themselves professionally
- ✓ Continue contributing, progressing and thriving at work

## Module 1

### The New Landscape

Understanding the transition and navigating your options.

Explore why peri/menopause affects people differently, why there is no single "normal" experience and where to find trusted information, support and workplace resources.

## Module 2

### The New You

Maintaining identity, confidence and self-belief through change.

Recognise what may be changing, focus on what has not changed and develop practical tools to strengthen confidence, self-belief and personal resilience.

## Module 3

### Managing Your Energy and Sustaining Performance

Understand energy drains and energy gains, explore practical coping strategies and develop healthy boundaries that support wellbeing, performance and long-term success.

## Module 4

### Communicating Needs with Confidence

Develop the confidence and skills to advocate for yourself, communicate your needs, set boundaries and navigate workplace conversations effectively.

## Module 5

### Looking Forward

Explore practical strategies for maintaining perspective, strengthening support networks, staying visible and creating a personal action plan that supports continued contribution, growth and success.

Check out our Peri/Menopause at Work resources

[Let's Talk Menopause](#)

[Supporting Menopause in the Workplace: Key Steps for Creating an Inclusive Environment](#)

[Menopause at Work: A Guide to starting the Conversation](#)



### Alumni Membership:

All delegates are invited to join the Skills 4 alumni group which provides a platform to network and share best practice across different organisations within the sector. We host regular free refresher training and expert talks for our alumni members.



[skills4training.org](https://skills4training.org)



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