

The Menopause OT

WORKPLACE TRAINING

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CERTIFIED MENOPAUSE COACH · 20+ YEARS CLINICAL EXPERIENCE

Menopause is happening in your workplace right now. Most organizations don't know what it's costing them.

Evidence-based training · Delivered by a licensed Occupational Therapist

65%
of employees say symptoms negatively impact job performance

2 in 5
consider leaving or reducing hours due to unmanaged symptoms

$1.8B
in estimated lost U.S. workdays annually due to menopause symptoms

<31%
of employees feel comfortable discussing menopause at work

Two training formats — both evidence-based and practical

90-Minute Employee Training

VIRTUAL OR IN PERSON · EMPLOYEE FACING

- Stages of perimenopause and menopause — why symptoms start earlier than most expect
- Physical, cognitive, and emotional symptoms that affect work performance
- Hormonal and non-hormonal options and how to access menopause-informed care
- Lifestyle strategies for energy, focus, sleep, and nervous system regulation
- Practical workplace strategies and accommodations employees can request

3-Hour Workshop + Leadership Training

VIRTUAL OR IN PERSON · EMPLOYEE + LEADERS

- Everything in the 90-minute session — with extended Q&A and deeper discussion
- Creating psychological safety so employees feel comfortable disclosing
- Leading with curiosity before drawing performance conclusions
- Practical accommodations — what's available and how to implement them
- The legal landscape and what proactive organizations are already doing

WHAT ORGANIZATIONS GAIN

STRONGER RETENTION
Replacing a senior employee costs 50–200% of their salary. Supporting them costs a fraction of that.

IMPROVED PERFORMANCE
Employees with practical symptom strategies show measurable gains in cognitive function and focus.

INCLUSIVE CULTURE
Open conversation about health at work reduces stigma and builds lasting trust.

LEGAL PREPAREDNESS
Philadelphia adds menopause to anti-discrimination protections Jan 1, 2027. Build the culture now.

LEADERSHIP PIPELINE
Perimenopause can affect confidence and visibility. Education helps address that before it costs you talent.

DEI ALIGNMENT
Deepens existing commitments to workforce health, gender equity, and inclusive leadership.

Your employees deserve this conversation. Let's bring empowering menopause education to your workplace. **Training starts at $1,750, scaled to your organization's size and goals.** Scan here to learn more.