



Hello

Today is World Menopause Day. Acas has published new guidance to help employers and managers support staff who are affected by menopause symptoms at work.

[Read Acas Menopause at Work guidance](#)

Around two million women have difficulties at work due to their menopause symptoms and it's estimated that one in 20 could go through an early menopause.

Our **[new advice](#)** includes tips for workers on how to raise the issue and good practice guidance for employers to help offer support and better manage menopause at work.

Acas Senior Adviser, Michele Piertney, talks about **['Breaking the silence on the menopause'](#)** in her new blog.

Acas training: We've also launched a new **[training course](#)** for managers and employers to help them understand the issues and create supportive workplaces:

- Menopause symptoms - awareness and misconceptions
- Talent retention and employee engagement
- Developing support networks and organisational awareness
- Legal considerations concerning discrimination, making changes and sickness absence
- Action planning including developing a menopause policy.

[Find a training event scheduled near you](#)

If you have a larger group to train you can enquire about delivering this training at your workplace via our **[online enquiry form](#)**

Acas conferences:

12 November 2019, Exeter. Acas Strategic Planning and Performance Director, Kate Nowicki, will talk about Menopause and the workplace at Acas South West's Annual Seminar on 12 November. **[Find out more or book your place](#)**

29 November 2019, Mold. Louise Moore Acas Trainer/Adviser will run a session on providing a clear understanding of the menopause, the common misconceptions and the legal position at the upcoming Acas Wales conference. **[Find out more or book your place](#)**

acas working
for everyone

Read our new **GUIDANCE**
Menopause at WORK

www.acas.org.uk/menopause

