

WELLFEMME RESOURCE:

3 Ways to Support Employees

Navigating menopause together

01

Create psychological safety

Encourage open, stigma-free conversations about health and wellbeing. When people feel safe to speak up, issues are addressed earlier and more effectively.

02

Offer simple flexibility

Small adjustments like flexible start times, remote work options, or rest breaks can make a big difference to focus, energy, and performance.

03

Provide education & support

Share credible resources and offer access to expert guidance so employees and leaders understand what's happening and how to respond.



The result:

Supported people → higher engagement →
better performance.

**IF YOU'D LIKE SUPPORT ROLLING OUT MENOPAUSE
EDUCATION IN YOUR WORKPLACE, INCLUDING
LUNCHTIME WEBINARS, LEADER SESSIONS OR
PRACTICAL RESOURCES - WELLFEMME CAN HELP.**

Get in touch to explore what would work for your team,
we'd love to support you.

CONTACT US

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