

What would happen if someone in your team needed to talk about menopause tomorrow?

You don't need the perfect words.
You just need to know where to start.



FULLY FUNDED

No cost for
participating
organisations



UNDERSTAND

Explore what
menopause can
mean at work



TALK

Building
confidence having
conversation



TAKE ACTION

Leave with
practical ideas
for your
workplace



Thursday
22 October 2026



The Bridge,
Barrow in Furness



Arrival 9:15am
9:30am - 4:30pm

COME AND FIND OUT MORE & BOOK YOUR PLACE @ [Dandelioncoach.co.uk](https://dandelioncoach.co.uk)



THE CONVERSATION

"How are things
going?"



SMALL CHANGE

Making work life
a little easier



GOOD INFORMATION

Knowing where
to find support



MORE OPEN CULTURE

Making it easier for
everyone to talk

YOU DON'T HAVE TO HAVE ALL THE ANSWERS

MENOPAUSE MATTERS BECAUSE PEOPLE MATTER.

together we can create a workplace where everyone can thrive