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MANX PROFESSIONAL
& EDUCATIONAL SERVICES

**CPD
2022**

Course Title	Date	Time	Price (ex VAT)
<p>Menopause: how to thrive in midlife</p> <ul style="list-style-type: none">· Menopause stigma: the cultural pressures· The physiology of menopause - what exactly is happening?<ul style="list-style-type: none">· The stages of menopause· The range of symptoms & why they happen<ul style="list-style-type: none">· Long-term effects & why· Areas to address to improve the experience<ul style="list-style-type: none">· Comments on HRT· Foods & lifestyle interventions that help· Workplace impacts, support & interventions incl 'how to address as a line manager'	18/07/2022	12.00-1.00	£50 + VAT

Mrs Jo Posey

Jo is a nutritionist & menopause expert who educates organisations on the impact of menopause & how they can improve employee performance, reduce staff turnover & promote team harmony.



Jo understands the potential impact of menopause symptoms upon a woman's professional existence; the rates of employee attrition, loss of job satisfaction, & the effects across the wider team & bottom line.

She has the privilege of positively changing women's perceptions of their own experience & capabilities; informing and empowering them to make the changes & access the support that can transform midlife & beyond.

Further, encouraging conversations around menopause, empowering staff through education and offering tools for management is transformative of the overall business environment.

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**CPD
2022**

Course Title	Date	Time	Price (ex VAT)
<p>Menopause: for Managers</p> <ul style="list-style-type: none">• The demographic, business, legal & social responsibility cases for supporting staff in menopause• The physiology of menopause - what exactly is happening?<ul style="list-style-type: none">• The stages of menopause• The range of symptoms & why they happen• Work-related areas to address to improve the experience• Women's workplace experience to date• Main symptoms affecting work• Supporting staff - the practical considerations• How to approach as a line manager - the questions to ask• Case study/s - what would you do?<ul style="list-style-type: none">• Sign-posting	21/07/2022	12.00-1.00	£50 + VAT

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Mr/Mrs/Ms/Miss (Other)		Company Name	
Name		Name of Contact	
Address		Company Address	
Daytime Tel No.			
Mobile No.		Contact Work Tel No	
Personal E-mail Address		Contact email	
Work E-mail Address		<u>AUTHORISATION</u> Signature Position in Company	

Name of Course(s)	Date of Course(s)

Please return this form to:

Manx Professional & Educational
Services Limited
41-45 Duke Street
Douglas, Isle of Man, IM1 2AU

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