

Why does World Menopause Day Matter?

Inaugural Bristol event to educate on World Menopause Day



Avon, Oct 2, 2018 (Issuewire.com) - Bristol-based menopause expert [Lauren Chiren](#) will host a conference to mark World Menopause Day 2018 at Airbus on 18th October. The event is aimed at business owners, corporate leaders, and HR directors and will consist of talks, panels and open table discussions.

But why do World Menopause Day matter to you and your business? Did you know that women aged 50 and over are the fastest-growing group of employees in the UK.? Employers must have the right training and processes in place to avoid the costs of menopause both to the employee and the employer.

Perimenopause is the stage a woman transitions through until her periods stop at which point she is in menopause. Perimenopause typically occurs between 45 - 55 years of age and can occur earlier for a number of reasons including certain cancer treatments and undergoing hysterectomy. There are 34 recognized symptoms which last for an average of 4 years, although this can vary tremendously across individuals. Symptoms include hot flushes and night sweats, sleeplessness, irritability, problems with concentration, focus and memory, becoming irrationally emotional, mood swings and depression.

- 55% of women have symptoms of varying degrees and require some level of adjustment to carry on with a successful work-life balance

- 25% of women will experience debilitating symptoms and will require very specific support systems to be put in place to maintain the same level of performance, both inside and out of the workplace

So what do you need to do as an employer?

You should discuss the impact of menopause in your workplace and create a menopause policy that suits your organization. Attending our conference in Bristol on World Menopause Day will provide you with an opportunity to ask questions and start to put a plan in place for your company.

“Menopause affects over 5 million working women every day. Many female employees are suffering in silence. This event will provide the information you need to create an inclusive workplace for women at this stage of their lives. In partnership with Airbus, Lloyds Banking Group and Genderbuzz, we will be discussing managing menopause in the workplace, and why businesses need to nurture women after 40” Lauren Chiren, Founder of Women of a Certain Stage

[Book tickets](#)

Media Contact

AS PR

asexton.pr@gmail.com

Source : Women of a Certain Stage

See on IssueWire : <https://www.issuewire.com/why-does-world-menopause-day-matter-1613190887411865>