

the change

EMPOWERING WORKING WOMEN
THROUGH MENOPAUSE

HELPFUL MENOPAUSE RESOURCES



QUALITY WEBSITES

Jean Hailes Foundation
Australasian Menopause Society
Menopausematters

BOOKS

The Wisdom of Menopause

By Dr Christiane Northrup

A good combination of practical health advice as well as insights into the wisdom of our life cycles and the benefits of honouring them.

The Feel Good Guide to Menopause

By Dr Nicola Gates

How understanding the brain-hormone connection can help women to navigate menopause.

Menopause: The Change for the Better

By Deborah Garlic

This is a short book, good for use as a primer or to help educate others.

The M Word - how to thrive in menopause

By Dr Gini Mansberg

Offers healthy lifestyle options as well as an excellent explanation about HRT, the different types and what the research really shows about the risks which are much smaller than many think.

REFRAMING AGEING

Life's Third Act

TEDx talk by Jane Fonda

Let's End Ageism

TED talk by Ashton Applewhite "Ageism is prejudiced against our future selves"

Rethink Your Career, In your 40s , 50s and 60s.

By Joanna Maxwell

This book covers how to refresh a current career, pursue a new direction or start your own business.

PROGRAM FOR WOMEN WORKING THROUGH MENOPAUSE

The Change :

A confidential 7 week, online program drawing women from different workplaces, empowering them to regain control of their well-being so they can function more effectively and feel more confident at work. Register your interest with Thea: enquiries@thea.com.au



CONVERSATION STARTERS, FOCUSED ON THE WORKPLACE

2 min You Tube clip

with Professor Jo Brewis, Uni of Leicester, UK

<https://www.youtube.com/watch?v=jYHVI3pcrNk>

Life Matters interview, Radio National

With Thea O'Connor & Dr Kathleen Riach, La Trobe University

<https://www.abc.net.au/radionational/programs/lifematters/being-menopausal-at-work-and-thriving/10403640>

Article in The Conversation

How to make work menopause friendly, Dr Kathleen Riach, La Trobe University

<https://theconversation.com/how-to-make-work-menopause-friendly-dont-think-of-it-as-a-problem-to-be-managed-105138>

WORKPLACE CASE STUDIES (UK)

menopauseintheworkplace.co.uk

www.tuc.org.uk/menopauseatwork

Bristol City Council talks about what it is doing to support women and employees talk about how menopause affected them.



RESOURCES FOR WORKPLACES

Training for Managers

thea.com.au/menopause/manager-training/

This online program equips workplace managers with the confidence and tools to support female employees through the menopausal transition, should women wish this.

3 Free Resources: The business case for menopause at work, Tips for reducing Stigma associated with menopause and Summary Report of 1-1 interviews with Australian women's experience of working through menopause.

www.menopauseatwork.org

A comprehensive set of free resources to help workplaces embed menopause support into their workplaces, developed by Monash University.

*Found a great resource
you can recommend?*

*Please let me know so we
can build this resource list.*

Email enquiries@thea.com.au