

Workplace Awareness Workshops

In-house or online menopause workshops that unlock inclusivity, helping you support women's health, retain staff and protect your bottom line.

Are you having
all the tough
discussions at
work?

MEN●PAUSE
with grace



The Impact of Menopause on Women

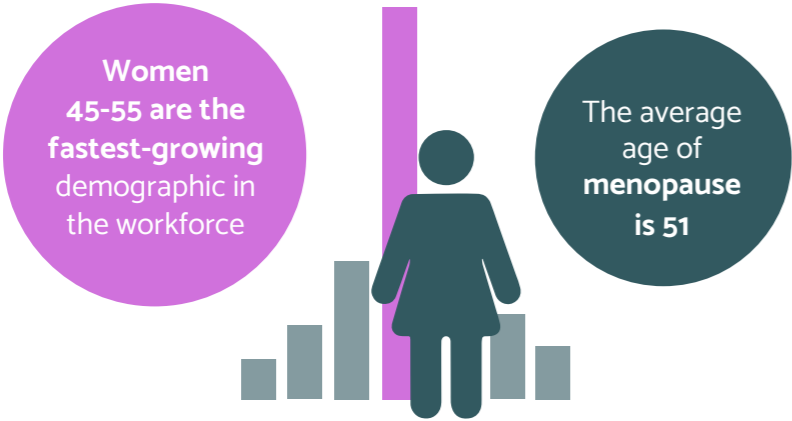
Ready to tackle the hottest topic in the office? No, it's not the latest Zoom fail – it's menopause. Feeling awkward yet? Don't worry, most people do.

Let's face it, menopause is still the workplace's best-kept secret. But it's time to break the silence. Why?

Because menopause and perimenopause aren't exactly a picnic: **80% of women face symptoms and 20-25% have it really rough.** Women are switching jobs, getting shelved at work, and even leaving the workforce altogether.

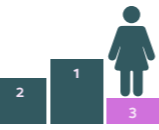
Think your business is immune? Think again.

"I'm Grace and I'm going through menopause"




The cost of women exiting work early is over **\$10 billion** annually for Australian companies.

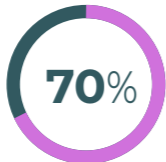

Recruiting and training new employees can cost between 8 months and 2 years' salary.


Women in leadership = business success and profitability.
But the impact of menopause pushes them into lower-responsibility roles, despite being at their peak productivity and experience.

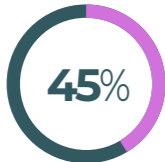
These stats might seem a little scary, but the bottom line is: you can't afford to ignore menopause. Senior women exiting the workforce early isn't just a personnel shuffle – it's a costly disruption. It leaves a gaping hole in an organisation, draining time, money and resources. It's also a real hit to workplace diversity.



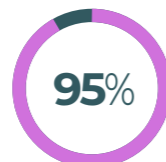
of women go through menopause.



of women are employed during menopause, equating to 1.6 million Australians.



of women struggling with menopause at work end up quitting, reducing hours, stepping down, or taking more sick leave.



of women feel that using flexible work options hurts their chances of promotion.

It's Not Your Fault

Historically, there's been very little guidance for HR professionals in supporting women through this stage of their lives - unlike pregnancy and maternity.

The Good News?

The adjustments needed are usually small and easy.

Simple changes can amp up productivity, improve culture, and retain top talent.

Women's top 3 requests for support are awareness, flexibility, and medical advice.

So, How Do We Solve This?

Step 1: Bring the conversation and awareness into the office. That's my jam - making menopause a comfortable conversation.

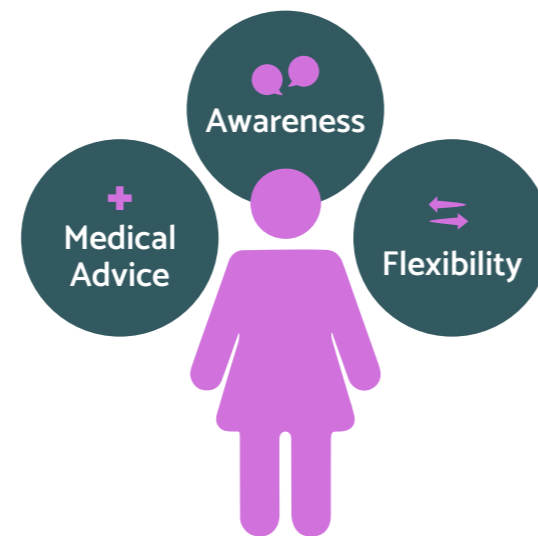
Every conversation paves the way for better women's health, and as much as we want to do this on our own, men and leaders need to be in on the change, too.

Oh, and *fun fact,* menopause may actually be an advantage (not a hindrance) as it's been linked to more purposeful, active, and assertive leadership.

My workshops offer more than just understanding menopause, they're about creating a supportive and inclusive environment where everyone can thrive.

Menopause is a big deal for business. Don't snooze on it.

Women's top 3 requests for support are:



“
I loved Grace's relaxed presentation style as well as her direct and open sharing

Workshop participant.

“
The workshop made me feel less alone

Workshop participant.

Book Your Workshop

(in-house OR online)

Menopause Awareness Workshop

- 45 min workshop +15 min Q&A
- All genders welcome

What's it for?

To shed light on menopause, provide a safe space for learning and sharing, plus tips on how to design an inclusive and supportive workplace culture.

The session covers:

- ✓ The 3 main stages of menopause
- ✓ Understanding your biology and hormones
- ✓ The symptoms of menopause
- ✓ Understanding how menopause can impact you at work
- ✓ Take away tips to support your transition
- ✓ How to create a supportive environment for those experiencing menopause
- ✓ At least one “aha” moment

Get In Touch for a Quote

www.menopausewithgrace.com.au

0400 683 602

info@menopausewithgrace.com.au

Other Tailored Options

Need a keynote or event speaker who won't put you to sleep? Bingo, that's me! Menopause nearly derailed my career, but now I'm on a mission to support women at work and smash the menopause taboo.

Whether it's bespoke workplace support, a unique event, or guest-speaking gold, I've got you covered. Let's turn menopause into a hot topic (pun intended) that everyone's excited to talk about.

Get in touch and we can design a personalised package to suit your business.

www.menopausewithgrace.com.au

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“

Grace's workshop opened the door to everyone understanding that maybe there's more going on with women in our business than what you see on the surface - so many are suffering in silence at home and work

Workshop participant.



About Me

- Corporate high achiever
- Professional problem solver
- Baker of cakes

I'm Grace Zielinski - I'm on a mission to give menopause a makeover! It's a tough gig when most people still flinch at mere mention... or avoid it altogether. Inspired by my own bewildering experience of menopause in the corporate world, I'm empowering women to take charge of their mid-life hormonal shift.

With my signature blend of humour and warmth, I break the ice on menopause at work, menopause and leadership, and how a holistic approach to head and health is a game-changer. I'm a single mum wrangling two kids, a mischievous miniature Dachshund and forever searching for my phone, keys, and car...

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