



HIT THE PAUSE

Lead the change!

MENOPAUSE AWARENESS MONTH - OCTOBER 2026

Let's talk about it.

Start a conversation about menopause in your workplace.
Together, let's Hit The Pause and Lead the Change.



Make menopause part of your conversation. Print this for your lunchroom or noticeboard, talk to your colleagues and use these questions to discuss menopause as a team.
Practical, informed and empathetic support is essential during this important life stage.

Has anyone in your life talked to you about menopause? What did you learn?

What's one thing you wish more people understood about menopause?

What would make it easier to talk about menopause at work?

Is there someone on the team I can check in with today?

What small thing can our workplace do to make a big difference?

How do you like to be supported when you're not feeling your best?

What would you tell your younger self about this stage of life?

Starting today, how do we keep this conversation going?

