Phase Partnership

WORKPLACE MENOPAUSE AND ANDROPAUSE SUPPORT

In person across Hampshire and the South Coast, or online

Support that helps your people stay, cope and be heard through midlife hormone change

Most workplaces are already managing menopause and andropause, whether or not anyone has named it yet. I help managers and teams understand what is actually happening, have the conversation with confidence, and know what genuinely helps. Every session covers both.

Ways we can work together

Lunchtime Awareness Session

60 TO 90 MINUTES · WHOLE TEAM

A relaxed, educational session for everyone: what menopause and andropause are, how they show up at work, and how colleagues can support each other.

From £400

Manager and HR Half-Day Workshop

HALF DAY · IN PERSON

For the people who have the conversations: noticing what is going on, opening a supportive conversation, adjustments, and knowing what sits with HR.

From £750

Menopause Champion Training

TRAINING AND ONGOING SUPPORT

Training for colleagues who become a friendly, informed and confidential first point of contact, so support keeps going between my visits.

From £750

Employee 1-2-1 Support

CONFIDENTIAL · FUNDED BY YOU

Individual support for staff who need more than a group session, referred through occupational health and always alongside their GP.

Priced on request

Ongoing Workplace Membership

6 OR 12 MONTHS

Manager training, a whole-team session, champions, a staff video for everyone including new starters, and ongoing support, so it becomes part of how you work rather than a one-off event. The 12-month version adds help with your Menopause Action Plan and accreditation.

Priced per package

Also available: Menopause Self-Care Workshop, Train the Trainer, a staff explainer video, and places on my online, self-led 12-week menopause self-help programme.

Included as standard

- Both menopause and andropause in every session
- Content tailored to your sector, shifts and policies
- Anonymous question cards, so everyone can ask what they need to
- A digital takeaway guide for attendees
- Attendance certificates for everyone who attends
- A "Trained with the Phase Partnership" badge to display
- A follow-up evaluation after the training
- Travel within Hampshire and the South Coast

Reduced rates for schools and academy trusts.

Start with a complimentary call

A short, no-obligation conversation to understand what your staff are experiencing, what you already have in place, and what would help most. Nothing is quoted until we have talked.

rhustrand.co.uk/workplace-wellness-consultancy

About Rhu. Rhu Strand is a Level 5 Functional Wellness Practitioner and Workplace Wellness Consultant with a background in HR. She co-runs a local menopause support group in Gosport, so this is grounded in real conversations, not just research.

The Phase Partnership is a trading name of Rhu Strand, Level 5 Functional Wellness Practitioner.

Sessions are educational and do not replace medical advice. Rhu does not diagnose or prescribe.