

Empowering Female Leaders

Navigating Perimenopause and Menopause in the Workplace: Resources

Resources and guidance for businesses

- [Menopause Information Pack for Organizations \(MIPO\)](#) - free, open access suite of resources to help workplaces support menopausal transition informed by internationally recognized research
- [Gender at Work Menopause Toolkit](#)
- [Vodafone Menopause Toolkit](#)
- [Auckland University Menopause and the Workplace](#)
- [Otago University Menopause at Work: Support Guide for Managers](#)
- [University of Canterbury: Ruahinetanga : Menopause at Work Support Guide for Managers](#)
- [CIPD A Guide to Managing Menopause at Work – Guidance for Line Managers](#)
- [Australian Menopause Society: Menopause and the workplace](#)
- [Channel 4 Menopause policy](#)
- [ANZ Talking Openly and Honestly About Menopause](#)
- [Menopause in the Workplace: Menopause and work: Why its important](#)

Articles and research

- [Global Women: It's time to normalise menopause in the New Zealand workplace](#) with link to download research report "[The Silent Transition Understanding the Impacts of Menopause in New-Zealand Workplaces](#)".
- Stuff Article: [Five things businesses can do to create a menopause-friendly workplace](#)
- Stuff Article: ['The last taboo': Menopause symptoms hitting women at work](#)
- Stuff Article: [Meet the women trying to change how to live - and work - with menopause](#)
- Research and analysis: [Menopause transition: effects on women's economic participation \(UK Study\)](#)
- Human Resource Director (HRD) article: [Menopause in the workplace: Breaking the silence, building support](#)

Menopause Support Services

- [Menopause & Wellness](#)
- [New Zealand Early Menopause](#)
- [Australasian Menopause Society](#)
- [Sexual Wellbeing Aotearoa](#)