

Navigating menopause



Visit the Sovereign Resource Hub and learn about...

- ✓ Providing menopause support in the workplace
- ✓ Understanding the myths and facts
- ✓ Starting the conversation and how to talk to your manager
- ✓ Building a support network to help you manage menopause
- ✓ Finding the right support if you need it

sovereignresourcehub.co.uk

• podcast • support links • top tips



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