



Workshops & Training Programmes

Practical health education for learning &
working communities

ARE YOU READY FOR **HER?**

ABOUT HER

TURNING WOMEN'S HEALTH AWARENESS INTO ACTION.

HER is a practical consultancy that helps organisations create supportive workplaces, schools and communities where women and men can feel confident to support women's health.

We work with organisations, educators and community leaders who recognise that women's health has a direct impact on wellbeing, education, workforce participation and organisational success.

To ensure we create you a comprehensive educational package, bespoke to the needs of your company, we have created a five-step approach:

STEP 01

Listen

Before we recommend a workshop, review a policy or implement a solution, we take the time to understand your organisation.

STEP 02

Discover

To drill down into your organisation's needs, we conduct an anonymous 'HER Survey'.

STEP 03

Educate

Once we have identified the gaps, you choose what your organisation needs to learn and we build the education package.

STEP 04

Implement

Together, we look at what needs to change in practice. HER works alongside your organisation to develop practical solutions.

STEP 05

Implement

We know real culture change takes time. HER can continue alongside your organisation as your approach develops.

Let's start a conversation.

Whether you're looking to improve women's health support in your workplace, strengthen staff knowledge or empower the people you care for, HER can help you identify the right next steps.



ABOUT HER

EDUCATION BASED ON YOUR ORGANISATION'S **NEEDS.**

Every *HER* workshop is designed as an experience that encourages conversation, challenges misconceptions and empowers people to take meaningful action. Through interactive activities, real-life scenarios, myth-busting, group discussions and practical problem-solving, participants become part of the learning rather than simply listening to it.

Our workshops create a safe, inclusive environment where questions are welcomed, stigmas are challenged and confidence grows. Whether we're supporting workplaces, schools, community groups or conferences, every session is tailored to the audience and focused on delivering practical knowledge that can be applied long after the workshop has ended. Our training is always made relevant to the jurisdiction the audience is in.

Because real change doesn't come from awareness alone. It comes from understanding and having the confidence to turn awareness into action.

HER workshops don't just start conversations. They support cultural change.

WORKPLACE

Equip your workplace with the knowledge and confidence to women's health openly and practically.

SCHOOLS & EDUCATION

Age-appropriate, stigma-breaking sessions that prepare students, staff and parents for real-life health conversations.

HEALTH CARE & SUPPORT

Practical education and awareness training to improve understanding, communication and support pathways.

01 FOR BUSINESSES

Workplace Training & Corporate Programmes



Women's Health in the Workplace

A foundational session giving managers and teams the confidence to understand and support women's health at work.

Menstrual health · Endometriosis & pelvic pain · Menopause · Invisible illness
· Workplace support strategies · Inclusive communication



Understanding Endometriosis & Pelvic Pain

Practical guidance on recognising the impact of chronic pain and supporting affected employees day to day.

Symptoms & diagnostic delays · Fatigue & chronic pain ·
Mental wellbeing impact · Workplace adjustments ·
Manager & colleague support · Local healthcare pathways



Menopause Awareness at Work

Building understanding and confidence across your organisation to talk about and support menopause.

Common symptoms · Workplace impact · Communication confidence ·
Supportive adjustments · Retention & wellbeing



Supporting Women's Health in Leadership & HR

Equipping decision-makers to build inclusive policy and culture around women's health.

Women's health policies · Inclusive leadership · Workplace culture ·
Psychological safety · Staff retention

*All training is tailored to the applicable legislation and the organisation's internal policies and procedures.

01 FOR BUSINESSES

Workplace Training & Corporate Programmes



Invisible Illness & Workplace Inclusion

Helping teams recognise and respond to conditions that aren't always visible.

Understanding invisible illness · Fatigue & chronic pain ·
Communication & empathy · Workplace understanding



Self-Advocacy

Practical tools helping employees prepare for appointments, track symptoms, and communicate confidently with employers and healthcare providers.

Symptom tracking · Preparing for appointments · Communication tools ·
Self-advocacy skills · Return to work · Communication confidence



Breaking Stigmas

An interactive session that opens up honest conversation around the topics too often left unsaid.

Starting the conversation · Everyday language · Reducing shame & silence ·
Building a culture of openness



Men Supporting Women's Health

Helping men understand, communicate about, and confidently support the women in their lives and workplaces.

Communication & understanding · Supporting partners & colleagues ·
Reducing stigma · Saying the right things

*All training is tailored to the applicable legislation and the organisation's internal policies and procedures.

03 FOR CARE & SUPPORT SERVICES

Care & Support Home Education



Recognising Symptoms in Non-Verbal & Communication-Diverse Clients

Helping care teams read pain, distress, and health changes in clients who can't communicate them in words.

Symptom recognition · Facial expression & body language · Pain & symptoms
· Withdrawal & agitation · Documenting & escalating concerns



Women's Health Across the Lifespan

Explore the health changes women experience with age, so care staff know what to watch for and when.

Menstrual & reproductive health · Perimenopause & menopause ·
Post-menopausal changes · Gynaecological health in later life ·
Age-related risk awareness



Client Empowerment Sessions

Supporting clients themselves to stay informed, confident, and involved in their own care.

Self-advocacy · Symptom recognition · Know your body ·
Local healthcare pathways

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