



Workshops & Training Programmes

Practical health education for learning &
working communities

ARE YOU READY FOR **HER?**

ABOUT HER

TURNING WOMEN'S HEALTH AWARENESS INTO ACTION.

At *HER*, we don't believe people learn best by sitting through a presentation. We believe learning should be engaging, interactive and memorable.

That's why 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, stigma is 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.

02 FOR STUDENTS, TEACHERS & PARENTS

School Education Programmes

Understanding Periods & Menstrual Health

An open, age-appropriate introduction helping students understand what's normal and when to seek support.



Understanding periods · Pain & symptoms · What is normal? ·

When to seek support · Communication confidence · Reducing stigma

Pelvic Pain & Endometriosis Awareness for Young People

Building confidence in young people to recognise symptoms early and advocate for their own health.



Pelvic pain awareness · Recognising symptoms · Self advocacy ·

Seeking medical support · Local healthcare pathways

Teacher Training: Supporting Students with Women's Health Conditions

Giving teaching staff the tools to recognise and support students affected by women's health conditions.



Attendance challenges · Classroom support · Safeguarding awareness ·

Student wellbeing · Communication & empathy

Parent Education Sessions

Helping parents talk confidently with teenagers about changes, symptoms and support.



Supporting teenagers · Understanding symptoms ·

Local healthcare pathways · Communication & support

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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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04 HOW WE WORK WITH YOU

Every Workshop is Tailored to You

No two organisations have the same gaps or goals, so no two *HER* workshops look exactly the same. Whether you need a single focused session or a wider programme, we build around your people, from the topics we cover to how long we spend together.

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 understand the gaps, you choose what your organisation needs to learn.

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.

INVESTMENT

From £550

Workshops start from £550, with final pricing shaped by format, organisation size, and scope - including whether a *HER* Survey is included.

We are proud to offer registered charities a 25% discount on all workshops.

