

MenoPower: Eliminating gender bias in the workplace

Redefining Menopause Support at Work

The project aims to make adult education more inclusive and accessible, especially in addressing menopause-related issues in the workplace.

Key objectives:

- To develop and digitise the MenoPower training programme.
- Train employers to create inclusive work environments.

Activities include the development of the MenoPower e-learning platform, the provision of training for employers and working women.

Results:

- Promotion of gender equality, combating the elimination of menopause-related gender bias in the workplace.
- Fostering an inclusive work environment.
- Establishment of community learning centers for gender equality and menopause education.

Transnational Meeting in Nicosia, Cyprus

The final partner meeting of the Erasmus+ project “MenoPower: Eliminating Gender Bias in the Workplace” in Cyprus, (May 2026) During the meeting, partners discussed the activities carried out, the results achieved, the training resources developed, and the project’s impact on women’s well-being and gender equality in the workplace.

Partners:



Co-funded by
the European Union



MenoPower Convention in Kaunas, Lithuania



MenoPower Convention in Lympia, Cyprus



The MenoPower closing convention took place on 04 May 2026 in Kaunas. An event organized by the MenoPower project brought together employers, health professionals, policymakers, and members of the public to share insights, experiences, and the results of the “MenoPower: Eliminating Gender Bias in the Workplace” project.

The focus was on the topic of menopause in the workplace, gender equality, inclusive work practices, employee well-being, and the role of organizations in creating a supportive work culture.

The “MenoPower” project contributes to a greater understanding of the challenges of menopause in the workplace and promotes the creation of a more inclusive, equal-opportunity work environment.

The MenoPower closing convention took place on 12 May 2026 at Kaskanter in Lympia, as part of the Film Festival for Diversity 2026 (FFD26), organised by CSI-CY. The event centred on a public screening of the Cypriot film Παύση (PAUSE), directed by Tonia Mishiali, followed by a panel discussion and open Q&A with the audience.

The panel used the film as a starting point for a broader conversation about women's experiences in midlife, the structures that shape those experiences, and what meaningful change in the workplace and beyond might look like. The discussion covered themes including women's unpaid labour, bodily autonomy, and collective responses to systemic inequality. The event brought together both men and women in an informal, community-oriented setting and generated sustained and wide-ranging engagement from the audience.

The convention served as the project's closing public-facing event, marking the end of the MenoPower partnership, and connecting the project's outputs to a live cultural and civic moment.

Partners:



MITRA
CYPRUS MENOPAUSE CENTRE

