

**Sparking a
new chapter of
brilliance and
resilience.**

MENOPOWER

MenoPower: Pioneering Menopause Inclusive Workplaces

Press Release 1

Partner: RESET

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MenoPower: Pioneering Menopause-Inclusive Workplaces

MenoPower is an innovative Erasmus+ project that seeks to address the often-overlooked challenges menopausal women face in the workplace. By promoting inclusivity and awareness, MenoPower strives to ensure that every woman feels supported and empowered during this critical life transition.

Tackling the Taboo

While workplace policies are evolving to address gender disparities, menopause remains a largely unspoken topic. Symptoms like hot flashes, fatigue, and mood swings can severely impact productivity and well-being, yet few organizations provide the necessary accommodations. MenoPower is here to change that.

Key Milestones

- **Transnational Meeting in Kaunas, Lithuania (October 2024):** Partners gathered to outline next steps and refine the project's approach to curriculum and resource development.
- **Alignment Workshops:** Held in both partner countries, these workshops engaged women, HR professionals, and healthcare providers to ensure the educational materials reflect real-world workplace needs

Building Innovative Learning Space

At the heart of MenoPower is the creation of the Meno Collective—dedicated learning spaces where women can share experiences, seek expert advice, and develop life skills. These spaces foster peer-to-peer learning and promote well-being in the workplace.

Looking Ahead

MenoPower aims to establish a framework for menopause-inclusive workplaces, training employers to adopt supportive policies and raise awareness of menopause-related issues. By empowering women and equipping organizations with the right tools, MenoPower envisions a future where every workplace is menopause-friendly.

For more information, contact:

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