

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

MENOPOWER

Sustainability & Replication Kit

MenoPower Project

Partners: RESET

Date: May 2026



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the European Union**

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Sustainability & Replication Kit

A summary of project outputs available for reuse and continuation

About MenoPower

MenoPower is a European project co-funded by the Erasmus+ project that aims to support women experiencing menopause in the workplace. The project brings together partners from Cyprus, and Lithuania to develop practical training resources, digital tools, and educational content that help both employers and employees better understand and navigate the challenges of menopause at work.

This kit provides an overview of everything that has been developed through the project; all of which is available for reuse by organizations, trainers, HR professionals, and other stakeholders

Project	Erasmus+ KA210-ADU - 2023-2-CY01-KA210-ADU-000179096 - Small-scale partnerships in adult education
Partner Countries	Cyprus (MITRA & RESET), Lithuania (SIF)
Target Groups	Women experiencing menopause, employers, HR professionals, adult educators
Project Website	Home - Menopower-project

1. Training Materials

The MenoPower training pack is the core educational output of the project. It was developed collaboratively by adult educators and menopause experts, grounded in real-life experiences and research gathered across the partner countries.

1.1 Training Pack (English, Greek & Lithuanian)

A comprehensive set of training materials covering key aspects of menopause in the workplace, including practical guidance, case studies, and facilitation support for trainers. The materials are designed for use in adult education settings and can be delivered in-person or online.

- Available in three languages: English, Greek, and Lithuanian
- Includes real-life case studies drawn from participant experiences and partner research
- Suitable for HR teams, managers, adult educators, and employee support groups

→ Access here: [EN](#), [GR](#), [LT](#)

1.2 Replication Guide

A step-by-step guide designed to help any organisation replicate the MenoPower training independently. It standardises the training approach so it can be consistently delivered across different contexts and countries.



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- Covers content, structure, and delivery of the training programme
- Includes guidance on adapting materials for local needs while maintaining consistency
- Available in English for international reach

→ **Access here:** [EN](#)

2. MenoPower E-Learning Platform

The MenoPower e-learning platform is a free, accessible digital hub where all training content is hosted. It was developed and piloted with real users before its public launch, ensuring it meets the needs of its target audience.

Register here: [e-platform](#)

Interactive E-Learning Platform

A user-friendly online platform hosting the full MenoPower training programme. Features include interactive quizzes, a discussion and feedback space, and easy navigation across all modules. Accessible from any device - desktop, tablet, or mobile. The MenoPower training materials have been transformed into engaging digital formats — including videos, animations, and interactive PDFs, to make learning more dynamic and accessible for online users.

The modules available on the platform are the following:

- Menopause & the workplace
- Medical & Health Perspectives
- Creating a supportive work environment
- Strategies for employers

Key achievements: Over 160 individuals registered, and over 300 visitors on the platform. More than 30 resources digitized and available on the platform

→ **Access here:** [Platform - Menopower-project](#) [upon registration]

Online Resource Database

A searchable, structured online database hosting a curated collection of case studies, scientific articles, and videos on menopause. Organised into clear categories for employers and women going through menopause. Features an advanced search function for quick, precise results.

Key achievements: more than 30 resources uploaded; designed for use by companies, HR teams, women going through menopause, and individuals.

→ **Access here:** [About Menopause database - Menopower-project](#) [upon registration]

Discussion Forum

The MenoPower Forum, linked to each module, so participants can share questions and comments after the completion of each module.

→ **Access here:** [Forum - Menopower-project](#) [upon registration]



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3. Project Evaluation: Actionable Exploitation Points

Drawing on the project's implementation experience across Cyprus, and Lithuania, MenoPower has identified a set of concrete directions for partners, stakeholders, and organisations wishing to adopt or build upon what has been developed. These points are intended to ensure that the project's work continues to generate impact beyond its funded lifetime. Therefore, a full standalone document outlining each exploitation point in detail is created in the context of the project.

→ Access here: [Actionable Exploitation Points Document](#)

4. MenoPower Awareness Campaign – User-led video reels

A series of 20 short video reels capturing real insights and experiences shared during MenoPower training sessions. The videos feature employers, employees, women going through menopause, and subject-matter experts - offering authentic, relatable perspectives on the topic.

- Available on the MenoPower website, YouTube channel, and social media (TikTok, Instagram)
- Short, engaging format designed for wide reach and easy sharing
- Cover a range of perspectives: personal experiences, employer insights, expert commentary

→ YouTube: [MenoPower Project - YouTube](#)

→ TikTok: https://www.tiktok.com/@menopower_project

→ Instagram: [Instagram](#)

Contact

For more information about MenoPower, to request materials, or to discuss collaboration opportunities, please get in touch:

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