MENOPAUSE FRIENDLY

RESOURCES | ACCREDITATION | TRAINING

SUPPORT OPTIONS

Menopause Friendly Employer Pathway

A guided pathway to creating an inclusive and supportive workplace for menopause.

Self-Assessment

Complete 25 targeted questions across the five Menopause Friendly Global Standards to pinpoint priority areas for action.

1

Commitment

Promote your Menopause Friendly Committed badge and promote internally and externally.

2

Implementation

Utilise resources to plan for embedding best practice across key support areas.

3

Education

Schedule awareness training for Managers and Colleagues. Share toolkit resources to help engage and support your organisation.

4

Accreditation

Apply for accreditation and highlight your organisation as an employer of choice for women.

5

Menopause Friendly Foundation

Foundation Toolkit

Self-Assessment

The Menopause Friendly Self-Assessment is just the beginning. Our Foundation Toolkit supports your next steps with essential resources, practical tools, and access to ongoing expertise.

Become part of a growing community committed to creating healthier, more inclusive workplaces.

Commitment

Receive your Menopause Friendly Committed badge and leverage internal communications tools to clearly demonstrate your commitment, both internally and externally.

The pack includes a yearly Committed badge in multiple formats, a Proud badge collection (including email signatures), posters, LinkedIn graphics, internal communications templates, and virtual backgrounds.

Menopause Friendly Foundation

Foundation Toolkit

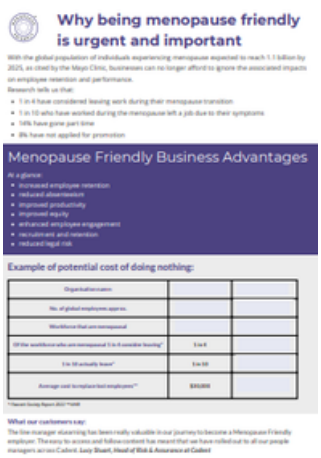
Implementation

The Foundation Toolkit provides a comprehensive set of tools help plan the embedding of best practice across key support areas. The step by step Toolkit Workbook provides guidance on how to utilised the resources to create a strategy, policy starter checklist, policy template, survey temperature check and business case builder.

Menopause Friendly Toolkit
Sample Temperature Check

Here are some example questions to take a temperature check across your organisation as to how people are experiencing menopause in your organisation. Using online tools such as SLIDO can be an easy way to gather quick anonymous feedback.

- On a scale of 1 to 5, how supported do you feel by your workplace in managing menopause symptoms?
- How comfortable do you feel discussing menopause-related issues with your manager?
- How comfortable do you feel discussing menopause-related issues with your colleagues?
- What types of support or resources would you find most helpful in managing menopause at work?
- Have you received any training or information from your employer about menopause and its impact on work?


Why being menopause friendly is urgent and important

Menopause Friendly Business Advantages

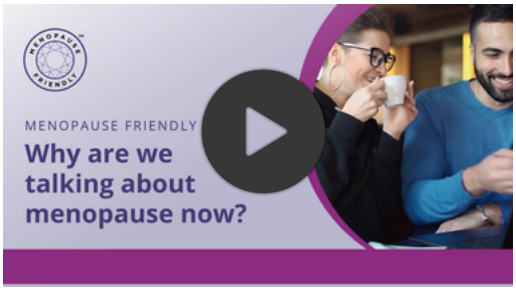
Example of potential cost of doing nothing:

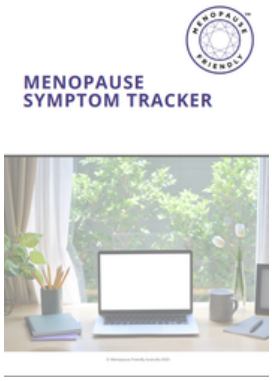
Menopause Friendly Foundations

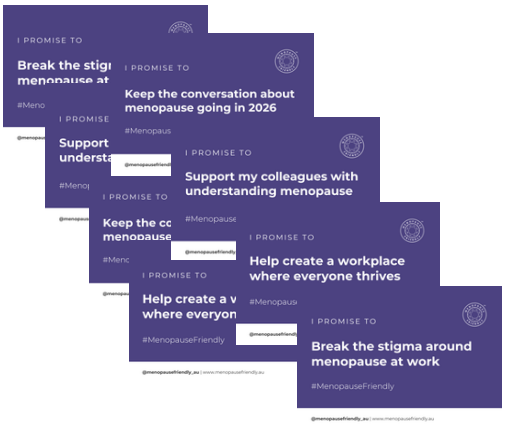
Foundation Toolkit

Education

Resources to support and provide practical guidance to your people. Reinforce learning, encourage consistent practice, and help teams apply the approach effectively within their roles through our **CPD Accredited Workplace Training.**





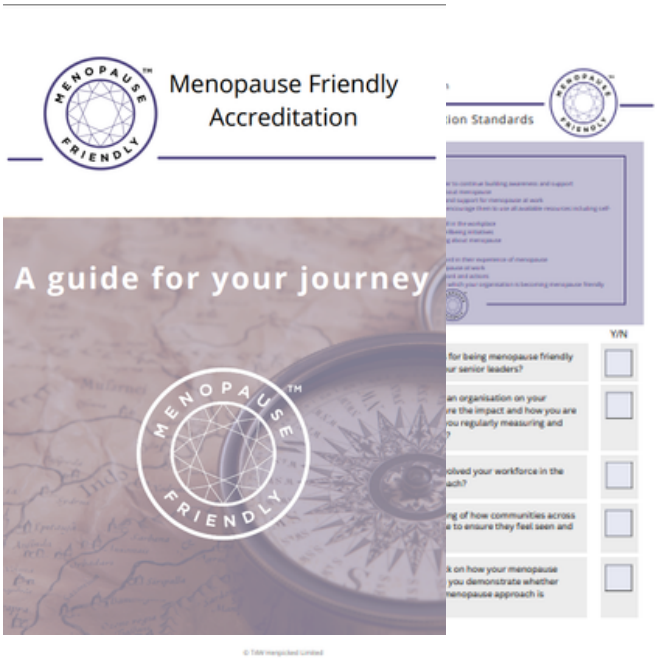


Menopause Friendly Foundations

Foundation Toolkit

Accreditation

Everything you need to prepare your accreditation application is included, featuring a comprehensive Accreditation Workbook, a practical checklist, and a detailed playbook. The playbook also draws on examples of best practice and research from over 160 Menopause Friendly accredited organisations.



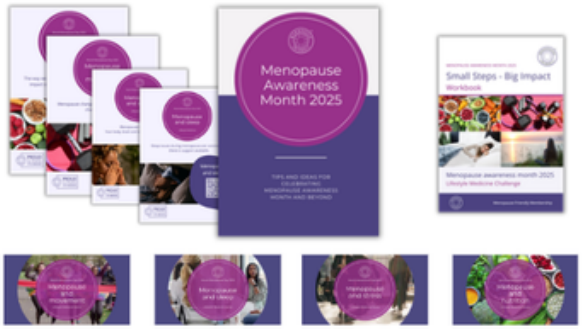
Once Menopause Friendly accreditation is achieved, your organisation will be recognised as a trusted, inclusive employer committed to supporting your workforce, strengthening wellbeing, retention, and productivity.

Accredited 2026

Menopause Friendly On Demand Packages

Communication Collection Subscription

Communication Collection yearly subscription includes 4 packs per year with downloadable videos, workbooks, fact sheets, posters plus more. Induvial core collections also available separately.



Accreditation Support Program

Access to five pre-recorded workshops proving guidance to implementing the Menopause Friendly standards and resources to support each area.

Menopause Friendly Accreditation Plan

Steps to embedding meaningful and sustainable practice to deliver lasting organisational impact.

Initial Assessment

Months 1–2

- Conduct baseline survey & gap analysis.
- Review existing policies and support.
- Establish a Menopause Working Group.

Strategic Commitment

Months 3–4

- Secure leadership buy-in and commitment.
- Define organisional goals and vision.
- Develop a comprehensive action plan.

Policy & Training Development

Months 5-7

- Draft a dedicated menopause policy.
- Create resources and support guides.
- Design and roll out training modules.

Implementation & Engagement

Months 8-12

- Launch awareness campaigns & events.
- Train line managers and HR staff.
- Foster open communication & support networks.

Accreditation Application

Months 13-15

- Gather evidence of progress & impact.
- Submit the official accreditation application.
- Engage with Menopause Friendly Australia review.

Accreditation & Beyond

Months 16-18

- Celebrate accreditation success publicly.
- Continuously monitor and improve support.
- Mentor other organisations & share best practices.

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Menopause Friendly Membership Packs

On Demand Packages

Foundation Toolkit

Annual subscription $1,500 + GST

- Online digital self assessment and progress report
- Access to yearly Committed Badge and Menopause Friendly logo pack
- Accreditation workbook, Checklist and Playbook
- Strategy planning workbook, policy and guidance workbook and templates
- Awareness resources including videos, conversation guides, posters etc
- Manager workbook
- Support group workbook
- Symptom Tacker
- 10 user access to portal
- Available for both Menopause and Menstruation

Communication Collections

Annual subscription $1,500 + GST

- Includes 4 featured collections per year as released
- Downloadable all videos, workbooks, fact sheets, posters
- Other core collections available for $250 + GST per pack

Accreditation Support Program

Annual subscription $2,000 + GST

Access to five pre-recorded workshops proving guidance to implementing the five Menopause Friendly accreditation standards including resources to support each pillar

- Develop your Menopause Friendly Strategy
- Creating or reviewing your policy or guidance documents
- Engagement and communication to create culture change
- Create and develop your Menopause Friendly training program
- Developing your Menopause Friendly Working Environment

Menopause Friendly Membership

Full Access Membership

Includes all On Demand inclusions PLUS

- 10 user access to the Menopause Friendly Member Portal
- 10% discount on all training sessions and digital learning
- Full access to all Communication Collections plus yearly Featured Collections
- My Menopause Friendly Program - core workshops step by step guide
- Live Strategy and Accreditation workshops plus monthly drop in sessions
- Downloadable evidence based resources
- Project documents - resources for impact, ERGs and support groups
- On-demand learning - webinars, articles, core workshop recordings
- Policy examples and case studies
- One on one guidance and support from MFA team
- 50% off accredition application fee

Annual subscription <1,000 employees $4,000* + GST
Annual subscription >1,000 employees $8,000* + GST

* 15% discount for registered charities

Accreditation Application

Once off fee $2,000 + GST
(50% discount for full members $1,000 + GST)

- Payable at time of application for access to submission portal
- Includes pre-submission audit and independent panel assessment
- Access to Accredited badge and asset pack
- 30% reduction in annual membership for 3 years
- Self assessment completion required yearly

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Workplace Training & Education

Equipping teams with the confidence and tools to understand, support and strengthen your workforce.

Awareness Sessions

Expertly designed to initiate dialogue, deliver targeted education, and provide actionable insights that foster meaningful change.

	Online delivery ex GST	In person delivery ex GST
• Menopause Talk	$1,500	$1,990
• Menopause Awareness Training for Colleagues	$2,390	$2,590
• Menopause Awareness Training for Managers	$2,590	$2,790
• Menopause Champions Workshop	$3,690	$4,090
• HR/WHS Workshop	$3,690	$4,090

Ongoing Education and Training

Practical learning options to reinforce skills, embed best practices, and drive lasting behavioural change.

• Menopause Masterclasses	From $1,990	POA
• Menstruation Masterclasses	From $1,990	POA
• Menopause or Menstruation in Minutes Video	$2,490	N/A
• Advocate/Train the Trainer Workshop	$7,990	$8,390
• eLearning Modules - Colleague & Manager	From $11,990	N/A

Additional information

- 10% membership discount off all training
- 15% discount for registered charity organisations
- Links to session inclusions and expected outcomes
- 10% GST is additional to all prices
- All prices quoted are valid for 30 days

CPD CERTIFIED
The CPD Certification Service

The industry recognised *mark of excellence* for menopause at work

Want to know more?

- Schedule an online meeting with an expert consultant: Book here
- Prefer email? Send us a message a we will be in touch: hello@menopausefriendly.com.au
- Browse information and resources: Menopause Friendly Website

Tried, tested and *trusted* by leading employers