**MENOPAUSE SUPPORT FORM**

**We understand that it can feel difficult talking to your manager about how menopause is affecting you. However, your manager is there to help you be at your best at work.**

**Preparation for any conversation with your manager is important. This will result in much better outcomes for both you and your organisation. This form will help you gather your thoughts in advance.**

|  |
| --- |
| **What are your current health concerns/symptoms?** |
|  |
| **How does the above impact you daily/weekly/monthly?** |
| **In work:**  **Outside work:** |
| **What support do you currently have in place?** |
|  |
| **What additional support do you feel you need?** |
|  |
| **Are you aware of what support is available to you within the organisation?** |
|  |
| **What points do you want to discuss with your manager?** |
|  |