

Why talk about menopause
at work?

- 4 in 10 women are in (peri)menopause
- 8 in 10 experience symptoms
- 1 in 3 feel the impact at work
- Increased absenteeism, decreased energy
- 80% stay silent at work
- 1 in 10 consider quitting

Eva helps to break the taboo –
accessible, professional, and
impactful.

“Eva’s sessions provided recognition
and practical tools. The conversation
truly opened up.”
– HR, Procter & Gamble

CONTACT

Eva Leens

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- 🎯 Sessions in NL – FR – EN
- 📌 Request a no-obligation, customized proposal

MENOPAUSE AT WORK

TALK ABOUT IT,
ACT ON IT

IN-COMPANY OR ONLINE
IN DUTCH, FRENCH OR ENGLISH

What's the benefit?

- ✓ Reduced absenteeism
- ✓ Increased job satisfaction
 - ✓ Talent retention
- ✓ Open communication
 - ✓ Inclusion & vitality
- ✓ Positive employer branding

💡 “Ideal as part of a wellness day or training program.”

Eva Leens offers info sessions and practical support to companies aiming to enhance the well-being of their female employees aged 40+ during (peri)menopause.

For employees, HR, and managers.

📍 In-company or online

🌐 In Dutch, French or English

Choose from 3 modules

Learn & Lunch

Awareness and information

- What changes physically, mentally, and emotionally during (peri)menopause?
- What can you do yourself?
- (Re)cognition & sharing
- What can an employer do?
- 🕒 1.5 – 2 hrs – men are welcome
- 📍 In-company or online

Relax & Recharge

Balance and energy

- Breathing & relaxation
- Gentle movements
- Practical workplace exercises
- 🕒 2 x 1 hour
- 📍 In-company or online

Care & Thrive

one-on-one sessions

- Personal questions & concerns
- Insight & practical tips
- Individualized support
- 🕒 1 hour (with option for follow-up)
- 📍 Online

