

MENOPAUSE IN THE WORKPLACE

26 September 2024 | Hong Kong, In-person
9am - 5pm



OVERVIEW

- Increased understanding of menopause
- Awareness of workplace considerations
- Strategies for managing menopause in the workplace
- Understanding employer perspectives and best practices
- Enhancing workplace culture and diversity & inclusion

AGENDA

- Introduction (5 mins)
- Understanding Menopause (20 mins)
- Menopause in the Workplace (the impact of menopause in the workplace financially and professionally for female career development & the importance of having menopause related policies/strategies) (30 mins)
- Break
- Managing Menopause in the Workplace (strategies, self-care) (45 mins)
- Employer and Employee Perspectives (best practices & challenges) (30 mins)
- Q&A Discussion (20 mins)
- Conclusion (5 mins)

TESTIMONIALS

"My husband and I made a point of attending Mary's workshop together, and we are just so glad that we did. Mary is warm, informative and relatable. The moment you meet her, you're made to feel completely confident and comfortable. During the workshop, it was interesting to listen to a very fact-led presentation, with data and case studies to back it up."

—◆—
Rachel & Yen,
Intimacy After Children Workshop

"I had no idea that menopause - and the decline of estrogen - can actually thin the lining of the vaginal canal and cause dryness, making sex painful. I have never had sexuality education like this and it makes me reflect on what else I don't know about my own body. Thank you so much for delivering this insightful workshop. I wish I had learned this a long time ago."

—◆—
Melanie
Menopause & Intimacy Workshop

Mary is ahead of the curve with her intimacy workshops for those of us who are ADHD and autistic, filling a much-needed gap. I came away with a deeper understanding of intimacy, how things can be different for those who are neurodivergent, and gained new ideas for strengthening the connection with my partner. It was an enjoyable and enlightening experience, especially because Mary created a safe and supportive environment..

—◆—
Noelle
ADHD / Autism & Intimacy Workshops

ABOUT THE TRAINER



MARY FOXWORTH
FOUNDER
FOXWORTH INSTITUTE

Mary Foxworth is an industry leader in sexual wellness in Hong Kong and Asia. With over 15 years of professional experience, Foxworth's career spans law, international organisations including the United Nations Office on Drugs and Crime, the Hong Kong Department of Justice, and corporate banking sectors. Foxworth's multifaceted path led her to pursue her passion for Inclusive Sexology, becoming a Board Certified Inclusive Sexologist and practising as an Inclusive Sex Therapist with Neo Health medical clinic in Hong Kong. Foxworth is the founder of Foxworth Institute - created to provide empowering and research-led sexuality education for adults. Foxworth hosts sexual wellness events 'Boudoir Conversations' as well as the podcast 'Boudoir Stories' which celebrates sexual diversity through storytelling.

PRICING

SGD 499

(Early bird rate ends on 31 July 2024)

SGD 699

(Standard price)

*9% GST applies to Singapore-based companies and individuals.

**Group discounts applicable.

Amendment/ Cancellation Policy

- All bookings are final.
- Should you be unable to attend, a substitute delegate is welcome at no extra charge.
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