

TALKING ABOUT MENOPAUSE SUPPORTING YOU

It shouldn't be embarrassing to talk about menopause, but we know it can be. Stowe is committed to supporting our colleagues through the menopause, and this guide will help you have a conversation with your manager and access the dedicated support we provide

Tips for a positive conversation



- Prepare what you are going to say. Maybe write down some notes to help you cover everything you want to
- Keep a diary of your symptoms. This can be helpful to give some specific examples to your manager but also if you access the support of MyTamarin
- Be clear and don't be embarrassed to open up and explain how your symptoms are affecting you and your work
- Offer solutions - if you have an idea on ways that your manager or the Firm can support you in managing your symptoms, share them

Accessing support

Stowe now provides dedicated, specialist menopause support through [MyTamarin](#)

You can download the app to access the resources available and chat online to experts 24/7

Or you can request a one-to-one video consultation with a menopause specialist.

Remember that what you are going through is real and the Menopause can affect everyone differently.

Our Menopause fact sheet provides links to further information and resources, webinars and podcasts to help you feel more informed and less alone.

