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Final menopause workshops 2025

Kia ora,

Don't miss our last menopause awareness and education workshops for 2025. These online workshops for employees and managers provide information, encourage discussion and break down the stigmas around perimenopause and menopause.



Education and awareness workshop

90mins for all staff levels. Available for our shared Vitae community online for \$50+GST pp.

- Thursday 6th November
11:00am - 12:30pm

Manager education workshop

90mins workshop. Requires first attending the awareness and education workshop.

- Tuesday 18th November
12:30pm - 2:00pm

This workshop needs 8-15 people to run for \$230+GST pp. Each attendee will receive practical resources post workshop attendance

We believe that menopause shouldn't be a barrier to success in the workplace. Let Menopause & Wellness partner with you through Vitae to create a supportive and thriving environment for your employees.

To register, email workshops@vitae.co.nz noting the name(s) of attendee(s), email address, organisation, whether a PO code is required, the workshop date and who to send the invoice to. Please put 'the name of the workshop' in the subject line.

[More info on menopause awareness and manager workshops](#)

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