



Quality Websites

Balance - Newson Health

Jean Hailes Foundation for Women's Health

Australasian Menopause Society

Menopausematters

Ask Early Menopause

Books

The Wisdom of Menopause

By Dr Christiane Northrup

A good combination of practical health advice as well as insights into the wisdom of our life cycles and the benefits of honouring them.

Hormone Repair Manual

By Lara Briden

Offers the latest approaches to treating symptoms, using both medical and natural approaches.

It's the Menopause By Kaz Cooke

A practical, funny book informed by doctors, health professionals and the voices of thousands of women

About Bloody Time - the menstrual revolution we had to have

By Karen Pickering and Jane Bennett

Investigates the menstrual taboo and proposes a new positive culture of menstrual wellbeing.

The M Word - how to thrive in menopause

By Dr Gini Mansberg

Offers healthy lifestyle options as well as an excellent explanation about HRT.

Videos

What workplaces can learn about menopause from Killer Whales

[TEDx talk by Thea O'Connor](#)

Let's End Ageism

TED talk by Ashton Applewhite

"Ageism is prejudiced against our future selves"

How Menopause Affects the Brain

TED talk by Dr Lisa Mosconi

Tele-Health

WellFemme

A Telehealth service provided by female GPs who specialise in menopause and midlife care. This means you can access doctors from home or at work. wellfemme.com.au

E-Book: Understanding Menopause

Produced by Jean Hailes Foundation

48 pages, [downloadable here](#).

Program For Women

The Orca Effect

The Orca Effect is a 7 week program that creates a confidential, respectful space, connecting professional working women who are going through menopause, so they can maintain their confidence and wellbeing, and emerge from the transition truly embracing their authority. [Read more](#)

Register your interest with Thea:
enquiries@thea.com.au



Conversation Starters focused on the Workplace

2 min You Tube Clip

with Professor Jo Brewis, Uni of Leicester, UK
<https://www.youtube.com/watch?v=jYHVI3pcrNk>

This Working Life interview, Radio National

With Thea O'Connor & Dr Kathleen Riach, La Trobe University
<https://www.abc.net.au/radionational/programs/this-working-life/menopause-at-work/13276788>

Article in HRM

Menopause at work - what women actually want
www.hrmonline.com.au/employee-wellbeing/menopause-at-work/

Resources for Workplaces

Menopause@Work ASIA PACIFIC

www.menopauseatworkasiapacific.com

Offering education, programs, training for managers and leaders, workplace resources and organisational support. Download 3 Free Resources from the home page:

- The business case for menopause at work
- Tips for reducing Stigma associated with menopause
- Summary Report of 1-1 interviews with Australian women's experience of working through menopause.

Changing Minds about Changing Bodies

www.menopauseatwork.org

A comprehensive set of free resources to help workplaces embed menopause support into their workplaces, developed by Monash University.



What's Happening in Workplaces?

Menopause@Work Network

www.thea.com.au/menopause-at-work/workplace-network/

Hear what workplaces are doing in the Asia Pacific by viewing past recordings or sign up for future meetings.

Queensland Teachers Union

[Hear about their menopause project here](#)

Bristol City Council

www.tuc.org.uk/menopauseatwork

Bristol City Council talks about what it is doing to support women and employees talk about how menopause affected them.



Found a great resource you can recommend?

Please let me know so we can build this resource list.

Email enquiries@thea.com.au