

Menopause Champions at Flinders

Flinders University is proudly working towards being accredited as a menopause friendly workplace. To achieve this, we need passionate people to help us lead the way.

We are inviting nominations until **COB Friday 13 June 2025** from staff who are interested in becoming Menopause Champions.

As a Menopause Champion, you'll need to:

- Attend Menopause Champion training on **Wednesday 20 August 2025, 2:00pm-3:30pm.**
- Have the approval of your line manager or supervisor.
- Commit to attending quarterly Champion meetings
- Actively promote menopause awareness in your business area.

To nominate, please complete the attached form and submit to thriving@flinders.edu.au.

Organisational Development and Diversity will assess nominations on a number of factors, to ensure representation across various levels, and business areas.

PERSONAL DETAILS

Full name		Email	
Position title		Employment type	
Supervisor name		Supervisor title	

MENOPAUSE CHAMPION COMMITMENT

As a Menopause Champion, you will need to commit to attending training, quarterly meetings, and actively promoting menopause related activity and information at Flinders University.

Please select each box below to confirm your understanding and ability to commit to these requirements.

I can attend online training on **Wednesday 20 August 2025, 2:00-3:30pm**

I can commit to attending **quarterly Menopause Champion meetings**

I will be actively committed to promoting menopause awareness, activities, events, and initiatives.

WHY I WANT TO BE A MENOPAUSE CHAMPION

In 250 words or less, explain why you are interested in being a Menopause Champion, and how you can support this role.

SUPERVISOR SUPPORT

Nominator signature	
Supervisor signature	