

# Learning Well

TRAINING & WELLBEING CENTRE

## PMS &

## Menstruation

### Aims & Objectives

- Educate participants on menstrual health basics and PMS symptoms to build a foundational understanding of their impact on workplace performance and well-being.
- Raise awareness of the importance of menstruation-positive policies, including providing menstrual products, to create a supportive and inclusive workplace.
- Equip participants with knowledge to foster a work environment that accommodates and supports employees experiencing PMS.

