

Women in Rail and LNER join forces to support Menopause Day

October 12, 2023



Women in Rail and LNER have joined forces to host an online event on Thursday, October 19 with Amantha King a Keynote Menopause Speaker & Workplace Menopause Consultant and Executive Strengths Development Coach, who will look at how employers can support women through perimenopause and menopause.

The event coincides with World Menopause Day which is held every year on the 18 October. The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing.

Running from 12:00-13:15, attendees will hear about the biological aspects of menopause with some interactive polls and questions along with plenty of opportunity to ask questions. Amantha will also cover how organisations can support women going through perimenopause and menopause and the business benefits the support will generate. There are some hard hitting statistics that will help underpin why adopting a supportive approach is vital.

Registration for this event is now open; [click here to secure your place.](#)

This is the first in a series of Women in Rail national events organised and hosted by Women in Rail trustees. These events will supplement the work its eight regions undertake throughout the year and give members another way of connecting with each other and getting to know the Women in Rail team of volunteers better.

The event is open to everyone – member of Women in Rail or not. Visit <https://womeninrail.org/contact-us/> for more information.