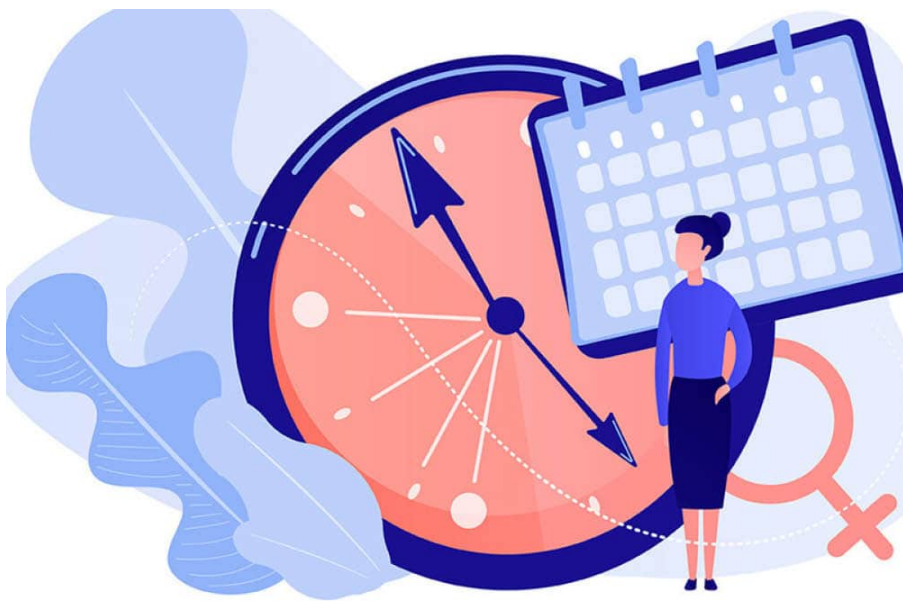


World Menopause Day – Bouygues E&S committed to Supporting Employees’ Manage this Impactful Condition in the Workplace

4 years ago



Led by the International Menopause Society (IMS), World Menopause Day seeks to raise awareness of the menopause, its symptoms, and the options available to improve the health and wellbeing for women.

With the [NHS England](#) reporting that menopausal women are the fastest growing demographic in the workplace, this annual event offers the valuable opportunity for businesses to reflect on their efforts to support their female employees throughout this period in their lives.

[Bouygues Energies & Services \(Bouygues E&S\)](#) is committed to caring for the health and wellbeing of all its employees. While no two women experience the menopause in the same way, menopause represents a significant wellbeing concern for many; in fact, menopause symptoms lead [one in four women](#) to consider leaving their jobs or reducing their working hours. That is why Bouygues E&S recognises the importance of raising awareness of the potential impacts of the menopause and the help available to its employees.

To supplement existing e-learning modules which aim to increase understanding of the menopause across the business, our employee-led women’s network, WeLink, welcomed Laura Shuckburgh to an informative webinar. The founder of ‘Work With Menopause’, Laura specialises in menopause coaching. She joined Bouygues E&S to share practical tips to feel more confident when discussing the subject with loved ones and ways to enhance wellbeing at work throughout both perimenopause and the menopause itself. Her passion for helping women within the workforce shines through:

“Having previously worked in the construction industry myself, I saw first-hand how many women leave their careers unnecessarily due to the menopause. It’s fantastic to see Bouygues E&S challenging this, stepping up not only to educate their employees about the impact of the menopause but also actively supporting them through the transition.”

Raising awareness is the first step towards ensuring everybody gets the help they need to safeguard their health and wellbeing at work. Bouygues E&S is grateful to Laura for sharing her wisdom with employees this World Menopause Day to further our commitment to supporting the wellbeing of employees at every age.