



## NORTH EAST WORKFORCE SKILLS PROGRAMME

Miss  
Menopause



**University of  
Sunderland**



**Phil Wood**  
Vice President, Marelli

### **Why did you choose University of Sunderland?**

The fact that the University of Sunderland offers training for businesses that is fully funded is just amazing. We had offers sent to us about menopause training in the past, but this just really stood out to us.

### **What training have you accessed?**

We have accessed the Menopause in the Workplace Masterclass delivered by Sharon MacArthur.

### **In terms of accessing the ESF Funding through North East Workforce Skills, how easy was that process?**

We had no issues with the process. It's been a brilliant and worthwhile experience from start to finish and we will certainly be sending more of our staff on this course.

### **How have you benefited from the training?**

It would be difficult to overstate the effect that it has already had. It has been unbelievable. Menopause has instantly become a thing that people talk about in our workplace. But not only that - the usefulness to us even outside the workplace is huge as well, as we all have wives or female friends who are going through or will go through menopause. We are now in the process of putting together a policy to dictate how we will deal with menopause – but rather than a management top-down approach we really want to get everyone involved and give everyone a voice to put it together.

### **What did you like about the training?**

It really was one of the best training courses that I or many of my colleagues have ever been on because the structure of the course and the passion with which Sharon presents it is just brilliantly done. It was so worthwhile.



**University of  
Sunderland**



**European Union**  
European  
Social Fund