

Jessamy Staffing Solutions Launches Groundbreaking CPD-Accredited Training on Midlife Changes in the Workplace

Monday 8 September, 2025

Bolton, UK – September 2025 – Jessamy Staffing Solutions Limited is proud to announce the launch of a pioneering 2-Day CPD-accredited training course, “Managing Midlife Changes: Menopause & Andropause Awareness in the Workplace”, taking place on Monday 15 and Tuesday 16 September 2025 at the Holiday Inn Bolton.

This programme is designed to equip leaders, HR professionals, and managers with the tools and confidence to address one of the most overlooked yet impactful aspects of workforce wellbeing: the lived experience of midlife changes.

“Workplaces cannot afford to stay silent about midlife transitions. Menopause and andropause affect not only health and wellbeing, but also confidence, productivity, and relationships. For too long, these conversations have been avoided or treated narrowly. This training is about changing that,” said Pauline V. Muswere-Enagbonma, Master British Certified Trainer and Chief Executive Officer of Jessamy Staffing Solutions Academy.

Unlike traditional lecture-style courses, this training is intentionally designed as a small, discussion-based cohort to ensure that every delegate has the opportunity to engage, reflect, and contribute meaningfully. Participants will gain practical strategies that can be implemented immediately within their organisations, alongside a CPD certificate of attendance.

Key programme outcomes include:

- Understanding the physical, emotional, and organisational impact of menopause and andropause.
- Developing inclusive workplace cultures and policies that support staff wellbeing.
- Building confidence in addressing sensitive conversations with empathy and clarity.
- Networking with peers who share a commitment to progressive leadership.

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