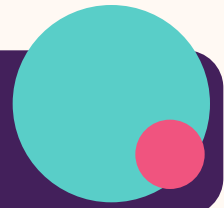


WorkWell Training Options

CHOOSE THE FORMAT THAT FITS YOUR WORKPLACE



Sessions can be delivered virtually or in person and adapted for employees, managers, HR teams or mixed audiences.

AWARENESS TALK

30 minutes

A concise introduction to endometriosis, invisible illness and respectful coworker support.

EMPLOYEE WORKSHOP

45-60 minutes

Symptoms and workplace impact, supportive language, myth-versus-fact activity and practical takeaways.

MANAGER & HR WORKSHOP

60 minutes

Supportive conversations, privacy, functional needs, possible workplace options and follow-up.

COMBINED WORKPLACE SESSION

60-75 minutes

Shared awareness learning followed by audience-specific guidance for employees and leaders.

LIVE Q&A

20-30 minutes

A facilitated question period that can follow any WorkWell presentation.

AWARENESS CAMPAIGN SUPPORT

Flexible

Posters, digital copy, printable tools and educational content for internal communications.

CUSTOMIZATION AVAILABLE

Content may be adapted to your audience, industry, employee resource group or workplace wellness goals.