Icebreaker Confidential Menopause Meeting Request Form

In order to request any reasonable adjustments, you must be open and honest with your employer about the impact the menopause is having on you.

Employee's Name:	**Date of Request:**
Form Sent To:	**Date Actioned:**

I currently have the following menopausal symptoms that I would like you to consider (see non-exhaustive list for assistance).
Other (please state) and see

I would like some support and to discuss possible adjustments – please state suggestions

Below is for completion at the meeting

Date of Meeting & Summary of Discussion

Agreed Outcome(s) Actions

Review Date: ……

Signed (Employee): ……..

Signed (Manager): ……