

# EVALUATION SNAPSHOT

Partnering with experts and lived experience speakers, WHISE facilitated a webinar addressing the spectrum of menopausal experiences with the aim to equip participants with tools to navigate this transition.

Intended for those experiencing perimenopause, menopause, or supporting someone in this stage of life, the webinar highlighted underacknowledged issues in women's health, advocating for increased awareness and support. Key objectives included understanding the link between menopause and mental wellbeing, accessing available resources, and empowering individuals to advocate for themselves in healthcare settings.

A total of 129 participants registered for this webinar, and 35 attended the session, with 27 (77%) attendees completing the pre and post survey. All attendees who completed the pre, post, and follow-up survey identified as women.

How many people registered?

129

How many people attended?

33

How many completed the survey?



27

Attendees who completed pre survey

100% Women

## Changes in understanding



The evaluation found that the question addressing respondents' understanding of the correlation between perimenopause/menopause and mental wellbeing showed the most significant improvement in knowledge. The majority of participants indicated a high to very high level of knowledge, with 71% in the post-survey compared to only 33% in the pre-survey.

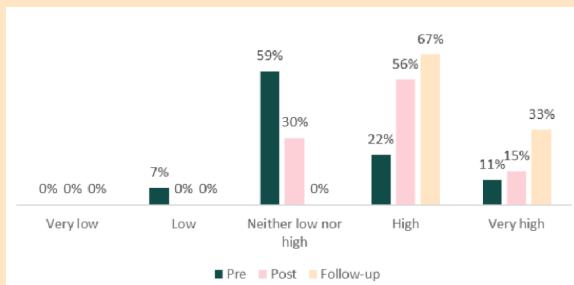


Figure 1. Pre, Post, and follow-up session ratings of understanding of the relationship between perimenopause/menopause and mental wellbeing.

## Confidence to apply learnings



The question that asked about participants understanding in how to advocate for yourself in healthcare settings during perimenopause and menopause, also received a large increase of knowledge, with the majority of attendees also selecting high to very high (66% in the post survey compared to 33% in the pre survey).

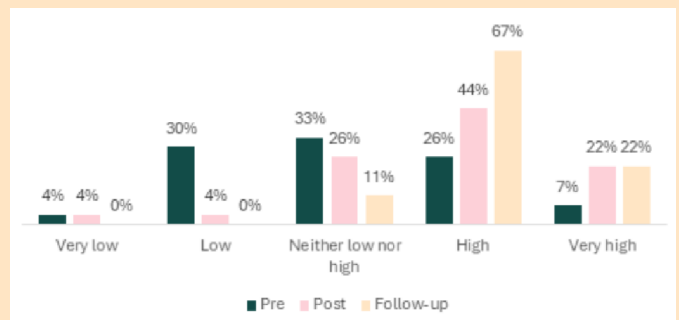


Fig 2. Pre, post, and follow-up session ratings of understanding of how to advocate for yourself in healthcare settings during perimenopause and menopause.

## Key learnings



Four people reported key learnings on content based on symptoms, particularly the variations of symptoms that women experience. For instance, one person stated, **'the fact that there can be such intense symptoms of menopause but that the overlap with many other conditions.'**

Three respondents spoke about how a key learning from this session was that help is available, and help seeking is important. Similarly, four people spoke specially about the continued need to learn about menopause and perimenopause.

*I plan to speak to women in my life and work about what I have learned, and encourage them to look after themselves, validate their experience and encourage advocating for themselves.*

