

THE EXECUTIVE MENOPAUSE COACH

Approximately 13 million women
in the U.K are menopausal

SUFFERING WITH SYMPTOMS OF THE MENOPAUSE?

We are here to support you at
theexecutivemenopausecoach.com
We have lots of **FREE** information, tips and advice on our
menopause website!



Menopause Presentations

Bringing our menopause
presentations/workshops into your
business/organisation to educate all your
employees.

Including:

- What is menopause and possible symptoms
- HRT/natural supplements/lifestyle changes
- Supporting colleagues and loved ones

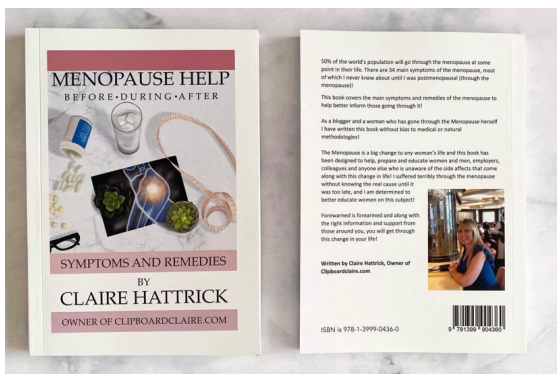
Helping to retain your female employees in the
workplace

Menopause 1:2:1 Sessions

A personalised programme to help you
with your individual menopause journey.

- A confidential safe space where you can discuss issues or concerns
- Help find solutions or strategies in a programme tailored to your individual needs
- Includes coaching and mentoring as well as education and awareness

Menopause Help: before, during, after



Our Menopause Help Book is great for:

- The workplace (individual staff members or in break rooms), men and informing women at a younger age.
- An easy and simple read, with a few pages per symptom and illustrations.
- All women who are peri-menopausal to post-menopausal.

Scan to go through
to our website



Contact Us

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Visit theexecutivemenopausecoach.com for more information