

Navigating Menopause: Embracing Change with Confidence

Menopause is completely natural. Yet somehow, it's still treated like something we shouldn't talk about. Something to hide or just push through quietly. The problem? This silence leaves people feeling confused, isolated, and unprepared for the real psychological, emotional, and physical changes that come with it.

Menopause isn't a "disease" that needs fixing. It's a natural life stage that deserves understanding and support.

In this webinar, we're breaking the silence. We'll normalize what's happening, help you understand how hormonal shifts affect your mood and stress levels, and share practical strategies to navigate this transition with confidence. It doesn't have to be something you endure alone. It's something you can move through with clarity, resilience, and strength.

Learning Objectives

- Understand how hormones shift across different life stages.
- Recognise the mind-body connection, and how these changes can impact mood and emotions.
- Apply practical tips and strategies to support your emotional and physical wellbeing during perimenopause and menopause.

Content Outline

Getting Clear on Menopause

- What it actually is, when it happens, what causes it, and the signs to look out for.

The Mind-Body Connection

- Common psychological effects: Anxiety, irritability, sleep disruptions.
- Common physical changes that may further contribute to anxiety and mental stress.

Tips & Techniques for Taking Control of Your Emotional and Physical Wellbeing

- Self-Compassion strategies.
- Nutrition strategies: What to eat to support your bone, heart, weight and mood.