



The Menopause
Wellness Centre

CORPORATE WELLBEING SESSIONS

Sickness days due to the menopause are costing companies a staggering 14 million working days per year. With up to 31% of women taking time off work with menopausal symptoms, and of those 19% are absent for 8 weeks or longer.

Not only that, but £1.88 billion is lost every year through lack of productivity due to menopause symptoms. Sadly, 73% of women feel unsupported in the workplace, and 44% of women who do take time off because of menopause symptoms feel unable to tell their manager the real reason they are absent.

So what can you do as a company to help and where do I come in?



Face to Face Group Wellness Sessions

Half-day workshops which comprise of:

- Group discussion on the menopause, it's symptoms, how it affects the individual
- Diet and Nutrition advice
- Managing the menopause both using HRT and also naturally
- Looking at exposure to hidden oestrogen
- Strength based exercise
- Flow - A mix of Yoga and Pilates
- Meditation techniques

Max 20 people per group;

3 and a half hour sessions morning or afternoon

Online Group Wellness Sessions

2 hour workshops which comprise of:

- Group discussion on the menopause, it's symptoms, how it affects the individual
- Diet and Nutrition advice
- Managing the menopause both using HRT and also naturally
- Looking at exposure to hidden oestrogen
- Exercise advice
- Meditation techniques

Max 20 people per group;

Sessions - morning or afternoon



One to One Support Sessions

Confidential 45-minute sessions which comprise of:

- Discussion on the menopause, and how the symptoms are affecting the individual.
- Diet and Nutrition advice
- Managing the menopause both using HRT and also naturally
- Looking at exposure to hidden oestrogen
- Exercise advice
- Meditation techniques

