

“Let’s talk about the  
menopause”

TRANSFORMATIONAL  
COACHING FOR  
INDIVIDUALS



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### Individual coaching programme for menopausal teachers

Many perimenopausal and post-menopausal teachers experience unexpected loss of confidence and self-esteem because of the hormonal changes going on in their body. In the workplace this can be debilitating and without support may result in underperformance, absence or worst-case scenario, they may even choose to leave the role.

Coaching provides an opportunity for your teachers to take time to...

- explore what is causing the loss of confidence and self-esteem
- gain deeper self-awareness and overcome their fears
- develop a positive mindset and boost confidence and self-esteem
- explore self-care and physical, mental and emotional wellbeing and develop strategies to help them in their roles

### Target audience

- teachers who are struggling to cope in their role due to symptoms of the menopause and the impact it is having on their confidence and self-esteem and ability to do their jobs

### Format

- 121, online and fully confidential over six one-hour sessions

**Coach** - Kirsten Trussell