

A group of women are seated in a room, looking towards a screen or presentation. The room has wooden floors and a white wall. A woman in a floral dress is standing in the background. A small framed picture hangs on the wall. A table with a laptop and other items is in the foreground.

TOGETHER

THE LEADERSHIP SPACE FOR WOMEN REWRITING THE RULES MID-MENOPAUSE

BROCHURE 2025/26



KIRSTEN TRUSSELL

COACHING AND CONSULTANCY

Photo credit - Runway Training

WHY TOGETHER EXISTS

TOGETHER is a 6-month leadership coaching space for women rewriting what power looks like mid-menopause - without losing themselves in the process.

This is not “support.” It’s strategy that works with her biology. It’s a high-trust group experience for high-functioning leaders who are done performing through the fog of menopause - and ready to lead with clarity, voice, and that familiar internal spark - the one she thought she’d lost.

No assumptions about role, title, or symptoms - just space to set her own goals, be witnessed by women who *get it*, and move through her next chapter with both power and peace.

She’ll work on what matters most to her - in her way, at her pace - and leave with ways of working that protect her energy, sharpen her presence, and don’t unravel under pressure.

This is for women who are already brilliant - but secretly wondering if they can keep going like this. Inside TOGETHER, they realise they don’t have to.



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HERE'S HOW WE WORK INSIDE TOGETHER



Clear the static

We start by identifying what's draining you - brain fog, decision fatigue, unspoken expectations, over-functioning habits - and name the real cost they're having on your performance, visibility, and wellbeing.



Reconnect to what matters

Through coaching and guided prompts, you'll strip away outdated roles, pressures, and self-expectations - and reconnect to the leader you *still* are beneath the noise.



Build your menopause-aware leadership toolkit

You'll learn tools that work with your changing body - not against it. That means sharper focus when the fog rolls in, cleaner boundaries when the fatigue hits, and language for leading without pretending you're fine when you're clearly not.



Design your new rhythm

We map a leadership rhythm that protects your energy, supports your decision-making, and makes space for your ambition *without burning you out*.



Make it yours

This isn't something you think about after. You live it as you go. We bring your real moments into the room - the conversation with your manager, the boundary you didn't hold, the day your energy tanked at 2pm. You'll make micro-shifts in the moment, not months from now.

WHAT CHANGES WHEN SHE JOINS TOGETHER?

For Her:

- Rebuilds confidence without pretending she's "fine"
- Reclaims visibility - not as a performance, but as a truth
- Learns to lead *with* her biology, not despite it
- Has honest conversations about real symptoms - without shame
- Builds capacity to ask for what she needs - clearly, unapologetically
- Redefines success in a way that feels strong *and* sustainable



WHAT CHANGES WHEN SHE JOINS TOGETHER?

For Her Manager:

- Reduces quiet burnout, absenteeism, and exit risk
- Strengthens internal leadership culture through peer support
- Enhances leadership presence, visibility, and decision-making
- Retains high-value staff navigating a complex hormonal chapter
- Models menopause-aware leadership - influencing wider workplace change

This is more than resilience. It's recovery, recalibration, and long-term leadership capacity.



PROGRAMME DATES

Start: September 2025

Sessions	Date (2025/26)	Time
Self-reflection & course preparation	15 Sept – 23 Sept	N/A – self-guided
Session 1	Wed 24 September	10am – 11.30pm
Session 2	Wed 22 October	10am – 11.30pm
Session 3	Wed 19 November	10am – 11.30pm
Session 4	Wed 17 December	10am – 11.30pm
Session 5	Wed 21 January	10am – 11.30pm
Session 6	Wed 25 February	10am – 11.30pm



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PROGRAMME STRUCTURE

Month 1

- **Independent self-reflection & course preparation**
- **Group coaching session 1** – getting to know each other, exploring themes, identifying goals

Month 2, 3, 4, 5

- **Group coaching sessions 2, 3, 4 and 5** – exploring themes as they emerge through the programme

Month 6

- **Group coaching session 6** – the final session reflecting on your progress and achievements and exploring your learning and emotional journey

PROGRAMME COST AND HOW TO BOOK

Programme cost

The total cost of the programme is **£540 per person**. This includes:

- ✓ Six x 90-minute group coaching calls (one per month, live on Zoom)
- ✓ Guided reflection prompts after each session to help you process and apply what lands
- ✓ Support between sessions via private messaging app - not 24/7, but intentional, high-impact check-ins
- ✓ Optional exercises and tools to help you shift patterns, not just talk about them

The full amount is payable in advance.

You can find out more and book here  <https://www.kirstentrussell.co.uk/together>

ETHICS, CONFIDENTIALITY AND SAFEGUARDING

Kirsten (the coach) works within the International Coaching Federation Code of Ethics.

Confidentiality is a core part of those ethics, and the coach commits to keep private anything that comes up in the group coaching setting.

However, if the coach feels that an individual is at risk of harm or may harm others, then under a safeguarding duty she may need to share her concerns externally.

It is important that the group members come to their own agreement around confidentiality. However, the coach does not take responsibility for any breach of this confidentiality. It is for the group members themselves to manage.



About Kirsten

Not your average coach. And definitely not here to play nice with midlife and menopause culture.

I've spent three decades helping people lead, learn and grow - from classrooms across the world to UK consultancy work, from executive teams to women whose ambition got silenced by hormones, hierarchy or both.

Now? I run a coaching and consultancy practice built for what leadership looks like through midlife.

Not performative. Not pretty. Just powerfully real.

My work is known for being sharp, strategic and deeply human.

Find me:

<https://www.kirstentrussell.co.uk>

[LinkedIn](#)



I work with the Further Education and skills sector and beyond - helping organisations become places where women stay, lead, and thrive.

Whether I'm coaching a senior leader out of silence, advising a college on retention strategy, or running a group call for women who cry in the car and then run the room - my approach stays the same.

Rooted in truth. Led by identity. Built for actual change.

My background - for when credentials matter

- I'm an ICF-accredited transformation and wellness coach.
- A qualified teacher.
- Former senior leader across diverse education and skills settings.
- Trusted advisor to colleges, universities and senior teams across the Southeast.
- Known for leading strategy and listening with precision.

Across 30 years, I've supported hundreds of people through coaching, mentoring, training and leadership. And I'm still in love with what I do.

A little more human

I live in Brighton with my partner - and when I'm not working, you'll find me outside. Gardening grounds me. Nature resets me. Sea air gives me clarity. I move my body every day - strength training, yoga, long walks. Not for performance. For presence.

**My own midlife shift showed me what wasn't working anymore.
Now I help others build something that does.**



"I'm not going to lie. It was tough to talk about myself for the first couple of sessions, but it got easier understanding myself and my feelings."

"I would recommend Kirsten without hesitation - she is kind and tenacious."

"Kirsten made me feel like it was a safe place, which was very important to me."

"I truly found myself. I went through a journey that I never thought I needed."

"I have been working with Kirsten for 5 months now and some sort of magic has happened! "

"I came away from the session feeling like it was time well spent, I enjoyed the opportunity to focus and invest energy on evolving personally."

"Her compassion and empathy resonated from her smile which assured me that I was in a safe place."

"She has such a lovely relaxed and calm manner that put me at ease straight away, but also clearly observant and perceptive to push me to discover what I needed to move forward."



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WHAT IS COACHING?

Coaching is:

- a series of focussed and dynamic conversations designed to move you forward towards a place you want to be
- a supported journey which takes you out of your comfort zone into a place of stretch
- a safe space where you feel empowered to take the risks which will make change happen and allow you to reach your potential
- a powerful and non-judgemental process that supports people in releasing their true potential and making sustainable changes in their lives
- a chance for you explore and become more aware of your strengths and abilities, to take control and responsibility for your life and goals

Coaching isn't:

- a therapeutic relationship where you look back into the past and focus on trauma, relieving psychological pain or treating cognitive or emotional disorders
- a mentoring relationship where you receive advice and guidance or training where you build expertise or receive knowledge





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WHAT IS GROUP COACHING?

Group coaching is a collaborative process in which a coach works with a group on a particular theme to support the personal and professional development of the individuals within it.

There is no collective goal, each group member sets their own goal or outcome that they would like to achieve.

Unlike 121 coaching, group coaching takes advantage of the support of fellow group members, collective knowledge, shared experiences and peer accountability to achieve a transformative outcome.

It can help to improve confidence, self-esteem and self-awareness. It offers a sense of belonging and opens you up to shared narratives and new perspectives.





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FAQs

Q - Do I need to be able to coach?

A - No, you don't need coaching skills. The coach is there to guide the sessions and bring the coaching expertise.

Q - Do I need to be an expert in menopause?

A - No, you just need to be somewhere on your menopause journey.

Q - Will there be homework?

A - The coach will not set you homework. You may take away your own actions from the session to help you make progress towards your goal. The coach may invite you to try different activities to support your journey, but they won't be mandatory.



**FEEL FREE TO
EMAIL ME IF YOU
HAVE ANY
QUESTIONS
ABOUT THE
PROGRAMME**

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