

“Let’s talk about the
menopause”

COACHING



KIRSTEN TRUSSELL
COACHING AND CONSULTANCY



Coaching programmes

We can offer 121 and group coaching programmes to support your menopause strategy, whichever is best suited to the situation, your staff and your organisation.

121 coaching provides a focus on the individual, allowing for a deeper exploration and resulting understanding of current limitations and self-awareness. Working towards a realistic and stretching goal helps bring about long-lasting sustainable change.

Group coaching provides a safe space for small groups of individuals to come together and work on personal goals under a group theme e.g. thrive not survive at work during menopause. Group coaching takes advantage of the support of fellow group members, collective knowledge, shared experiences and peer accountability to achieve a transformative outcome.

Audience

Suggested for women leaders and other individuals on their menopause journey; managers offering support; and menopause champions.

Format

- **121:** online over six one-hour sessions
- **Group:** 6-8 people, online or in-person (location dependent), number and length of sessions tailored to the group, based on a collective theme

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