

# MENOPAUSE MASTERCLASSES

## MASTERCLASSES AVAILABLE 2024

- **HRT and Medical Options for Managing Menopause** delivered by Specialist Menopause GPs from My Menopause Centre. 1 hour
- **Nutrition and Menopause - lifestyle approach to managing menopause** delivered by Nutritional Therapist Jackie Lynch from WellWellWell. 1 hour
- **(NEW) What's the Alternative - understanding additions and alternatives to HRT** delivered by Specialist GPs from My Menopause Centre - 1 hour
- **POI/Early Menopause Masterclass** delivered by Specialist Menopause GPs from My Menopause Centre. 1 hour
- **Menstruation and Menstrual Health** delivered by Women's Health Specialist Doctor from My Menopause Centre. 1 hour
- **Demystifying Male and Female Hormone Health Through Midlife** delivered by Women's Health Specialist Doctor and Men's Health Specialist Doctor from My Menopause Centre. 1 hour
- **Menopause and Mindset** delivered by a Coaching and Training Specialist from Henpicked: Menopause in the Workplace. 1 hour 30 mins
- **Menopause – time for an inclusive conversation series**
  - **Menopause and inclusion - understanding the individual experiences of menopause** delivered by Dr Tonye Wokoma from My Menopause Centre. 1 hour
  - **(NEW) Men Let's Talk about Menopause - male allyship in action** delivered by Matt Balfour, founder of Let's Go Wellbeing. 1 hour
  - **(NEW) Menopause and Neurodiversity** -delivered by Dr Clare Spencer from My Menopause Centre - 1 hour
- **(NEW) From A to Zeds - menopause and sleep masterclass** delivered by clinical expert Dr Clare Spencer from My Menopause Centre - 1 hour
- **(NEW) And Breathe ... - the power of talking and alternative therapies to boost confidence, lower anxiety and find balance in the menopause** delivered by clinical experts from My Menopause Centre - 1 hour
- **(NEW) Menopause, Movement and Exercise** delivered by exercise and movement trainer Sally Bolton from SB Wellbeing - 1 hour
- **(NEW) How to boost your energy & stop feeling tired all the time** delivered by Nutritional Therapist Jackie Lynch from WellWellWell. 1 hour 15 mins



# MENOPAUSE MASTERCLASSES

## HRT MASTERCLASS - 1H

For those wanting to understand more about the medical approach to managing menopause.

Delivered by Henpicked: Menopause in the Workplace and a GP Menopause Specialist from My Menopause Centre this session focuses on debunking the myths, exploring the facts and the range of options available, both HRT and alternatives.

This session covers:

- HRT: the benefits and risks
- HRT: the facts and myths
- different types of HRT
- other alternatives
- top tips for talking to your GP
- questions and answers

## NUTRITION MASTERCLASS - 1H

For those wanting to understand how we fuel our bodies during menopause and the huge impact this can have on our symptoms, how we feel and our long-term health.

Delivered by Henpicked: Menopause in the Workplace and a Nutritional Therapist (Jackie Lynch - WellWellWell) specialising in menopause, this menopause and nutrition masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- what can support your body
- things that may have a negative impact
- the small changes you can make to start feeling better and improve symptoms
- key considerations for your long-term health



# MENOPAUSE MASTERCLASSES

## WHAT'S THE ALTERNATIVE? - 1H

Hormone Replacement Therapy (HRT) is having its moment - after many years of being misunderstood, it is now a game-changer for millions of people, helping them manage the multi-faceted symptoms of the menopause. But what happens if you can't or don't want to take HRT? That's a reality for lots of people because of their medical history, while others prefer a natural approach to managing their symptoms. Likewise, some who are on HRT want something to bolster their treatment.

The good news is there are a great many options whatever someone's personal menopause journey - from prescribable HRT alternatives to natural supplements.

So, what works? And what's worth spending time and money on?

Delivered by Henpicked: Menopause in the Workplace and a GP Menopause Specialist from My Menopause Centre this session covers:

- recap on menopause by exploring transition stages and symptoms
- explore prescribable HRT alternatives that you can get from your GP and how they work
- explain how to navigate the often confusing world of herbal treatments and supplements
- discuss alternative options that work in conjunction with or without HRT - from herbal and non-herbal alternatives to CBT (Cognitive Behavioural Therapy) and acupuncture
- discuss the small changes to our lifestyle that can have a big, beneficial impact on our menopause health, in particular nutrition, exercise and sleep





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## POI/EARLY MENOPAUSE MASTERCLASS - 1H

Menopause usually happens between 45-55 years old but it can be much earlier. In fact 5% of us will experience menopause before the age of 45. Premature menopause, or premature ovarian insufficiency (POI) is defined as being menopause that happens before the age of 40.

In this interactive and informative workshop, we are joined by a women's health specialist doctor from My Menopause Centre.

This session covers:

- what premature menopause or POI is, and how many people experience it
- what causes POI?
- what the symptoms are and what it can mean for longer-term health
- how fertility can be affected
- what help and support is available

## MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASS - 1H

The recent increased focus on menopause and its impact has raised awareness of the essential role that female hormones play through this transition, in particular the impact of the fluctuation and ultimate decline in oestrogen levels through the menopause. This conversation has also prompted much wider conversations around menstruation and menstrual health and the impact hormones can play throughout life.

In this interactive and informative workshop, we are joined by a women's health specialist doctor from My Menopause Centre. This session will cover:

- why is it important to talk about this and what might get in the way
- the facts about menstruation and menstrual health
- when periods can be even more challenging: Endometriosis, Adenomyosis, PMS/PMDD, PCOS
- what can happen during the menopause transition
- symptoms and solutions
- Q&A exploring key issues people are experiencing



# MENOPAUSE MASTERCLASSES

## DEMYSTIFYING MALE AND FEMALE HORMONES THROUGH MIDLIFE - 1H

The recent increased focus on menopause and its impact has raised awareness of the essential role that female hormones play through this transition, in particular the impact of the fluctuation and ultimate decline in oestrogen levels through the menopause. But even though menopause is something 50% of the population go through, it's still a taboo subject for many, where people grapple with what the menopause is and what can be done to help.

The conversation around menopause has also prompted a conversation around male hormonal health, in particular the role of testosterone in men's health and the impact of its decline as people age.

In this interactive and informative workshop, we are joined by women's and men's health specialist doctors from My Menopause Centre. They will ...

- call out why the impact of hormone changes on life and work means it's time to kickstart this conversation
- demystify the menopause by exploring the transition stages and symptoms
- bust the myths around the 'male-menopause' and explain testosterone deficiency syndrome and treatments
- share the latest thinking on how to prepare for and manage female and male hormonal health symptoms for personal and professional life
- Q&A exploring key issues people are experiencing.



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# MENOPAUSE MASTERCLASSES

## MENOPAUSE AND MINDSET - MASTERCLASS 1H 30 MINS

Looking after our wellbeing during menopause can be challenging; we are likely to be experiencing busy periods in our lives, managing fluctuating hormones and caring for other people around us too. This often means we place ourselves last, without time to explore the positive impact that mindset and self-care can have. Having tools and approaches to help us understand and manage our mindset, in a way that is right for us, is a powerful tool.

This interactive session, delivered by Henpicked: Menopause in the Workplace with Jo Lee-Morris, Head of Training and qualified coach and learning professional, offers time to reflect, understand and discover strategies for managing our mindset and practicing self care that's right for us as individuals, so that we can thrive during menopause.

In this session you will:

- Explore some of the mindset challenges we can experience during menopause
- Discover where negative and intrusive thoughts come from and practical strategies to work with them
- Think about what we can and can't control and reflect on how to use this alleviate overwhelm
- Explore and define the self-care that's right for you
- Share with others and gain useful ideas and insights from them.



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# MENOPAUSE MASTERCLASSES

## **MENOPAUSE: TIME FOR AN INCLUSIVE CONVERSATION MASTERCLASS - 1H**

Despite the increasing coverage of menopause across the media there is still a lack of understanding of the experience of certain communities: black and ethnic minorities, people with disabilities and members of the LGBTQ+ community in particular. The result? Too many people in these communities are suffering in silence while their symptoms impact all aspects of their lives – from relationships to home and work.

Delivered by Henpicked: Menopause in the Workplace and Dr Tonye Wokoma of My Menopause Centre, who will share her first-hand experience and expertise – brought to life with case studies - to help you understand:

- why it's so important to understand the individual, lived experience of people going through the menopause
- the drivers of health inequalities in different communities
- her top tips for what we can do to change this so that menopause care truly is inclusive

There will also be time for a Q&A with Dr Wokoma.

## **MEN LET'S TALK ABOUT MENOPAUSE - MALE ALLYSHIP IN ACTION MASTERCLASS - 1H**

The menopause is being talked about more than ever, gradually decreasing the stigma and highlighting that support is often vital for those whose symptoms are challenging. But what is also important is that men are a part of that conversation, as it indirectly impacts them as partners, colleagues and friends. A little awareness goes a long way, and we will share why it's more important than ever as part of being a good leader, teammate and human to listen and make a difference for those directly impacted by menopause.

Delivered by Henpicked: Menopause in the Workplace and Matt Balfour, founder of Let's Go Wellbeing (Mental Health First Aid · Employee Engagement · Employee Wellness · Workplace Coaching).

This session covers:

- what is the menopause
- how can menopause have an impact, especially at work
- how does the experience of the menopause differ from one person to another
- what can we do as men to be better informed about the impact of the menopause
- how we encourage men to be true allies
- how to have supportive conversations about menopause
- what support is available in and outside the workplace



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# MENOPAUSE MASTERCLASSES

## MENOPAUSE AND NEURODIVERSITY - 1H

The impact of the menopause transition on neurodiverse women, in particular those with ADHD (Attention Deficit Hyperactivity Disorder) or autism is an important topic right now.

ADHD affects 3-4% of people, autism 1 in 100. Some people are diagnosed in childhood, others as adults.

Either way, going through menopause with ADHD or autism can be a perfect storm - symptoms can overlap and pre-existing symptoms can worsen, making for a challenging time. But, with the right support, it need not be this way.

In this interactive and informative workshop, we are joined by one of My Menopause Centre's menopause doctors. They will ...

- recap on the menopause transition and how it can impact all aspects of life
- explore what neurodiversity is
- take a closer look at ADHD and autism, sharing for each:
  - what it is, causes, incidence and diagnosis
  - symptoms
  - how the menopause transition can impact these symptoms
- Share the latest thinking on how to prepare for and manage menopause symptoms for love, life and work - showing it's a time to thrive not survive.





# MENOPAUSE MASTERCLASSES

## FROM A TO ZEDS - MENOPAUSE AND SLEEP MASTERCLASS - 1H

People often talk to us about how difficult they're finding it to get a decent night's sleep during menopause. It's not surprising:

*According to research 60% of women experience sleep issues related to the menopause whether through hormone changes but also because of physical symptoms too such as hot flushes.*

But we shouldn't suffer in silence. The impact of sleep issues can be debilitating and can take their toll on your daily life and even your long-term health. Did you know that:

- lack of sleep can affect mood, making your brain focus on negative thinking, and also lead to a tendency for your brain to remember unhappy events rather than happy times
- your judgement and concentration can be impaired, which can make brain fog worse
- inadequate sleep can also affect your behaviour, so that you make take more risks, reaction time decreases and you can become more accident-prone and clumsier,

No-one wants to live life like this, especially when you consider that the average woman will live four decades postmenopausally. That's a lot of sleepless nights. The good news is that it is possible to reclaim a good night's sleep - we just need a little expert know-how.

In this interactive and informative workshop, we are joined by one of My Menopause Centre's menopause doctors. They will ...

- help you understand how and why we sleep
- explore how the menopause affects our sleep both hormonally and physically
- reveal how our lifestyle impacts the quality of our shut-eye
- share ways to get back on track from changing the food we eat, the space we sleep in, as well as harnessing the power of alternative therapies such as CBT (Cognitive Behavioural Therapy) and mindfulness



# MENOPAUSE MASTERCLASSES

## AND BREATHE ... THE POWER OF TALKING AND ALTERNATIVE THERAPIES- 1H

The power of talking and alternative therapies to boost confidence, lower anxiety and find balance in menopause.

Most people are familiar with the physical symptoms of menopause but the impact on our mood and cognitive function can't also be underestimated. Research tells us that:

- 50% of women experience mood symptoms related to the menopause
- 20% of working women have experienced loss of confidence at work related to the menopause
- 40-50% of women experience memory and concentration issues related to the menopause

While HRT can be a great foundation to getting ourselves back on track, it's not a silver bullet and not everyone can or wants to take it.

This is where talking and alternative therapies come in. Cognitive Behavioural Therapy (CBT), mindfulness and meditation can help boost cognitive function, rebuild confidence and help manage the stress and strains of everyday life. Plus CBT can also help with the physical symptoms of menopause, such as hot flushes.

In this interactive and informative workshop, we are joined by one of My Menopause Centre's menopause doctors. They will ...

- revisit the menopause transition stages and symptoms
- take a deep dive into how and why it affects mood and cognition
- unpack Cognitive Behavioural Therapy, exploring how it works and share some easy exercises to try
- explore the power of mindfulness and meditation and share some practical ways that can instantly help



# MENOPAUSE MASTERCLASSES

## MENOPAUSE, MOVEMENT AND EXERCISE MASTERCLASS - 1H

For those wanting to understand how movement and exercise during can have a huge impact on managing symptoms, how someone feels and their long-term health.

Delivered by Henpicked: Menopause in the Workplace and exercise and movement trainer (Sally Bolton – SB Wellbeing) specialising in menopause, this menopause, movement and exercise masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- Overview on key facts about menopause - ages/stages/symptoms
- What's happening to the body physically during menopause
- The evidence around how exercise and movement can support menopause
- Types of exercise and benefits of each during menopause
- Exercise that will support you to prepare for menopause
- What gets in the way of exercising
- Top tips for getting started



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# MENOPAUSE MASTERCLASSES

## HOW TO BOOST YOUR ENERGY & STOP FEELING TIRED ALL THE TIME MASTERCLASS - 1H 15

Have you lost your va va voom? If you feel tired all the time, you're not alone – 1 in 5 GP appointments are related to low energy and fatigue. It's common to assume this is due to your age or your life stage, but whether you're 29 or 69, simple changes to your diet and lifestyle can make a world of difference to how you feel.

Registered nutritional therapist Jackie Lynch leads this workshop for anyone who doesn't want to take their lack of energy lying down. She will help you to understand how your body produces energy; the diet and lifestyle factors that can disrupt the process; the role of hormones in energy; and what practical strategies you can put in place to help resolve your personal energy weak points.

The session will include:

- How the body produces energy and the role of nutrition in this process
- Energy quizzes to help you identify the different types of fatigue
- An in-depth view of the key nutrients that support energy
- The biochemical, food and lifestyle factors that can impact energy
- How to create energy-boosting meals and snacks
- A brief overview of post-viral fatigue and 'long Covid'
- Q&A

