

09-14

how I became a “Licensed Menopause Champion”

Some of you have inquired about how I became a “Licensed Menopause Champion” – a title that might sound a bit peculiar, right? Well, let me take you on a journey and tell you how I became a part of this fantastic world and joined the Menopause Expert Group, fondly called MEG.

My adventure into the menopause advocacy realm started when Tara Azulay, one of the Founders of Clariti Group, announced that she was a Licensed Menopause Champion. As you may know, I’m with the [Clariti Group](#) as a Transition Coach, a wonderful organization whose mission is to help organizations create great workplaces and to help individuals create extraordinary careers.

Let’s rewind a bit. Back in my 40s, I remember feeling a bit “out-of-sorts.” Something was happening, but I couldn’t quite put my finger on it. My doctor, as great as she was, didn’t have all the answers either. I didn’t even know the right questions or how to explain what I was going through. It was like navigating a maze blindfolded. I felt like a mouse in a laboratory when my doctor, friends, and wellness practitioners kept suggesting different things or what I was doing was wrong. Have you ever had that feeling?

More recently, at the beginning of 2023, I started the training with MEG, and the information I absorbed leading up to my certification was mind-blowing. I learned so much about the fundamental aspects of the transformational stages women go through during menopause. It was like discovering a whole new world hidden in plain sight. And guess what? Now, I want to share this knowledge with everyone, including men.

You know that feeling when a missing puzzle piece suddenly clicks into place? That’s exactly how I felt. It was the missing link I couldn’t quite put my finger on to help some of my professional clients in mid-life. They were experiencing symptoms like hot flashes, fatigue, and brain fog, and I felt hopeless and unsure of how to provide support, guidelines, and resources.

Did you know that

- One in three women in the workplace will be peri or postmenopausal
- Menopausal symptoms can affect women starting at the age of 40!
- Sometimes, due to medical issues, it can also impact women much younger

Until I took the Menopause Expert Training, I had no idea what was going on with me, and I was overwhelmed with information, not knowing which course of action to take. Now I understand how to alleviate the symptoms, including reducing stress, nutrition, gut health, sleep hygiene, exercising, and simply moving my body. New resources and information also help me have better conversations and questions with my doctor and other health practitioners. For appointments, I even bring along a copy of the symptom checker.

<https://bit.ly/MenopauseSymptomChecker>

Here's my observation on Menopause: It comes in THREE EVENTS

Let's start with the MAIN EVENT called Menopause, when you haven't menstruated for a full year + one day, usually around the age of 51. Until then, you're still in perimenopause.

What happens before the MAIN EVENT is Perimenopause, which I think of as the PRE-PARTY EVENT! Wow, what a party that is! You get to dance the great hormone shuffle! And it can last over ten years for some women. Your hormones start to fluctuate

AND THEN, after the MAIN EVENT COMES the Post-menopause.—the AFTER-PARTY EVENT or the Encore, since it follows the main event.

For me, the MAIN EVENT was a blast! I was free and feeling great, had abundant energy, and enjoyed the party—I thought I had been spared!

Then, a year + 1 DAY later, it hit me like a ton of bricks, and I woke up with what felt like a massive hangover, feeling many of the symptoms on the Menopause Symptom Checker. However, we are all uniquely put together with a different endocrine system, also referred to as the hormone system. The endocrine system consists of:

- Glands located throughout the body
- Hormones made by the glands and released into the bloodstream or the fluid surrounding cells
- Receptors in various organs and tissues that recognize and respond to the hormones

It's not a one-size-fits-all. Everyone will need different things: getting to know yourself and what works for you is the best way.

As a Menopause Champion, my mission is clear—to advocate for and support women who are going through the menopause transition. First and foremost, it's all about education and awareness and not about strategies or providing a "fix" for your symptoms.

Menopause Champions work tirelessly to increase knowledge and understanding of menopause among individuals, organizations, and communities. They provide educational resources, organize workshops, and share information about menopause symptoms, treatments, and support options. Think of it as Menopause 101.

It's more than dropping knowledge bombs; I'm here to offer support and guidance. Menopause can be challenging—for the woman experiencing it and her loved ones. A person often needs a friendly ear to listen and share personal experiences and ideas about managing symptoms. We're here to create a supportive environment where women feel comfortable discussing their concerns and seeking help.

I've created an event for those living in the Ottawa area to get started on those conversations. Join us on Saturday, September 23rd, if you can, from 2:00–4:00 pm Eastern.

<https://bit.ly/ConversationsEmbracingChange>

Now, let's talk advocacy.

Menopause Champions are like the superheroes of the menopause world. We're standing up for improved menopause policies and support systems within workplaces, healthcare systems, and society. We're raising awareness about the impact of menopause on women's health and well-being, and we're not afraid to advocate for better workplace accommodations, healthcare services, and resources for menopausal women. Because, guess what? Women deserve support at every stage of life, including the menopausal journey.

And we don't do it alone. Collaboration is key. Menopause Champions collaborate with healthcare professionals, organizations, and policymakers to address the needs of menopausal women. We work hand-in-hand with healthcare providers to improve menopause care, participate in research initiatives, and contribute to developing guidelines and policies that benefit menopausal women everywhere.

Being a Menopause Champion is about supporting women and men (yes, men can be affected by menopause, too!) through a significant life transition, raising awareness, and advocating for improved care and support systems. It's about being a beacon of light during a challenging stage and reminding everyone that menopause is just another chapter in the beautiful book of life.

Now, you might wonder, "Is it all serious business?" Well, let me tell you, it's not all hot flashes and mood swings. We Menopause Champions have our moments of laughter, too. Because, let's face it, if we can't laugh at ourselves during these times, what's the point?

By embracing open dialogue, implementing supportive policies, and fostering understanding among employees, workplaces can contribute to women's overall well-being and success in navigating menopause while reinforcing a culture of inclusivity and empathy. If you are a team lead, manager, or HR and would like to bring this awareness to your workplace, book a chat here <https://bit.ly/47YUbdA>, and we can discuss my Lunch & Learn for both women and men.

In conclusion, becoming a Licensed Menopause Champion has been an incredible journey for me, and I hope I've shed some light on what it means to be part of this fantastic group. We're here to educate, support, advocate, and collaborate, all while sprinkling a lightheartedness into the mix. So, let's continue this journey together, championing menopause.

<https://menopauseexperts.com/memberships?aff=joanne.savoie>

And if you would like to join us, you can do so here:

<https://menopauseexperts.com/memberships?aff=joanne.savoie>

[#MEG #menopause #champions #support #education #menopausechampions](#)