

It's time to feel empowered about menopause and midlife

Lesley Waldron's Navigating Menopause Programme is here to help

- Get clarity on what works and what doesn't for your menopause experience
- Recognise what's going on for your physical and your emotional health and find the solutions that work for you
- Make menopause an empowering experience, now and in the future
- Make better decisions, build energy, confidence
- Create the vitality, energy, and purpose that you want for your long term health and wellbeing - climbing mountains in your 70s, setting records in your 80s, or running around after your grandchildren...

What is it?

6-12 months of tailored coaching drawing upon all of my knowledge and experience working with women in midlife, the menopause transition, and wanting to thrive

60-90 minute coaching session each month

Written summary on each session

A space to share your experience between sessions

Opportunity to join an accountability group

Who is it for?

World changing women. Women in leadership, women in business, women who aim for change and positive outcomes for their lives, their colleagues, their business, their planet.

Women of any age, but especially those in the midlife maelstrom of their 40s and 50s.

You want to steer clear of burnout, avoid overwhelm, and create and maintain boundaries and enjoy life beyond work too.

You don't want to be waylaid or weighed down by menopause, over stressed schedules, or playing corporate games where you don't agree with the rules.

You're ready for change and want to stop guessing and start taking action

I'm a coach, health advisor, menopause navigator, and amazing sounding board. Integrating more than a decade of experience, education, learning so that I can really help you thrive.

If this sounds like you, or someone you'd like to be, book a 15 minute call to chat through your options. <https://tidycal.com/lesleywaldron/discover>

What's involved?

After our conversation to clarify your suitability for this programme, I'll get you set up for our first session and starting to track your energy, symptoms, and mood so we can build a picture for our time together.

Cost: £300/month or £1600 for 6 months.*

Each month we will book in a session for a 60-90 minute conversation, after which I'll send over some summary notes and add to a shared document so you can see your progress.

Session 1 - sets the scene, we'll explore your life, and health history, and I'll take you through a tried and tested exercise to find your focus for the first month.

Session 2 - creates the longer term vision, looking forward into the future you'll explore what's important to your health, wellbeing, and life goals, and the steps to take to get there.

Between sessions we will have a shared space for you to hold yourself accountable, and you'll have discounted access to any group workshops or retreat sessions I run.

Let's have a chat (book here: <https://tidycal.com/lesleywaldron/discover>) and see if it's for you!

Find out more about my coaching, approach and offers here
<https://www.lesleywaldron.co.uk/>

*£10/day for a lifetime of positive change.

