

The Essential Guide for Menopause Informed Coaches and Therapists

Enhance your client's
transformation and healing.

By Jacqueline Rose

Integrative Menopause Educator and Coach





Welcome!

I'm Jacqueline,
Integrative Menopause
Educator and Coach.

I have been supporting women on their menopause journey for years (way before it became THE HOT topic) and I have heard every experience, symptom and unexpected way that menopause can show up.

Many of the women I work with, are already receiving support from other professionals because of symptoms such as anxiety, depression, weight gain, emotional instability, trauma, changing self-identity, changing relationship dynamics or intimacy.

The thing that I have discovered however, is that whilst these therapists, coaches, nutritionists and other wellness practitioners (YOU!) have experience in their chosen field, years of training and a tool box full of strategies, none of them have been trained or educated in the role that peri-menopause and menopause play in the struggles and reasons that are bringing them to seek help..

I believe that a menopause informed approach is the missing puzzle piece that is going to help you significantly enhance your client's transformation and healing journey.

This guide is your introduction to this unique approach.



Introduction

Is Menopause the Missing Piece to Your Clients' Progress?

As a therapist, coach or wellness practitioner I know that you have invested time, energy and money into becoming a trained and skilled professional in your field.

I know that you have a tool box of solutions, your framework and proven protocol to support your female client 40+ to navigate her experiences and to support her journey of deep transformation and healing.

However did you know that peri-menopause and menopause and the associated hormonal fluctuations can affect emotional, physical and mental well-being, impacting clients in ways they may not recognize or openly discuss.

This guide provides foundational knowledge and actionable solutions to integrate a menopause informed approach into your practice, enhancing client care and outcomes AND positioning yourself as the go-to menopause informed expert .

01

The Changing Conversation

Until just a few years ago, menopause was a topic whispered about or discussed only when medically necessary. The term "perimenopause" was barely acknowledged, and there was little understanding of how complex and unique the menopause journey could be.

But things have changed dramatically!

Today, menopause and women's experiences are openly discussed on morning shows, radio programs, and popular podcasts. Major newspapers regularly feature menopause-related articles and bookstores are filled with new menopause support books every year. Hormone Replacement Therapy (HRT) is now widely recognized as a generally safe and effective treatment option.

Yet despite the growing conversation, significant gaps in knowledge remain both among medical professionals and women themselves. Many menopause myths persist and medical training programs have only recently started to include a more comprehensive menopause curriculum.

I regularly hear from women who feel misunderstood or misdiagnosed by their healthcare providers. There is still a troubling lack of menopause-specific research, and we have much to learn about its long-term impact on women's health and aging.

Menopause-informed professionals who understand the nuances, diverse experiences and the full range of treatment options are critical to helping women navigate this life stage with greater ease, joy, and confidence.



02 Menopause Stages

Let's start with the basics.

The word “Menopause” is used as a catch all for EVERYTHING that a woman experiences in midlife.

However this life stage is nuanced, highly personal and includes many different elements.

The menopause journey, a normal, natural, biological life stage, has 3 distinct phases.

Peri-menopause: This can start in your early 40s as hormone levels begin to change. Symptoms may start to appear and very often they are not associated with or connected to menopause by healthcare professionals.

Menopause: You are officially “in menopause” after 12 period-free months. Hormones reach a new, lower level. Symptoms can become more severe as you head towards menopause and even persist for a few years after.

Post-menopause: Women stay in post-menopause till they die. Symptoms and experiences differ greatly depending on the way that a woman supports her health and wellbeing. However with a more balanced hormone level the woman feels more in control of her body.





Why Hormones Matter

The truth is that women are hormonal beings and our lifecycle stages match our hormonal lifecycle.

Peri-menopause and menopause is a significant hormonal stage - much like puberty or pregnancy before it.

The essential reproductive hormones (estrogen, progesterone, testosterone, FSH and LH) are fluctuating and reach new levels in post-menopause.

However what is not understood is that these hormones do not just manage our reproductive system. They play critical biological roles throughout our organs and systems, impacting our entire body.

In addition and most critically, these hormones have physical and emotional expressions. Anyone who experiences PMS symptoms such as bloating, cramps, chocolate cravings and mood swings knows that!

To add to the complexity of this stage of life, the unpredictability of our hormonal fluctuations in peri-menopause together with our health history and hormonal health as we start peri-menopause, can create major knock on effects to other major hormones and areas of our body - not just our reproductive hormones.

The result - “typical” menopausal symptoms and also **many other unexpected symptoms** that are associated with aging or disease.





04

The unexpected side of Menopause

We are becoming very aware that the hormonal chaos of peri-menopause and menopause can affect women in unexpected ways.

Clients may present with symptoms that seem unrelated to menopause, but are typical for female clients you work with. For example your clients may be presenting with increased and unexplained anxiety, depression, overwhelm and stress, ADHD like symptoms, questioning their identity and self-worth, relationship issues, resurfaced trauma and more.

In addition, symptoms related to adrenal fatigue, thyroid dysfunction, gut health, inflammation, insulin resistance and cognitive impairment become more common and very often they are explained away or misdiagnosed.

In many cases these are NOT signs of us “just getting older” or unexplained disease that needs medication, but actually related to hormonal imbalance and a lack of supportive health and wellness practices to support us at this stage of life.

Recognizing these changes from a menopause informed lense can help you reframe and enhance your client’s healing journey.



05 A Menopause Informed Approach

When you start supporting your clients from a menopause informed approach you start asking different questions!

You understand that in addition to past experiences, trauma or triggers, **hormonal fluctuations are playing a profound and unexpected role** in their lives and daily experiences..

A menopause informed approach allows you to reframe your client's experience, use more appropriate language and integrate a more relevant framework to your existing work, thereby enhance the way that you can support their healing journey.

Your clients will view you as a trusted and informed expert who understands their unique midlife challenges and the role they are playing in their physical, emotional, mental and spiritual experiences.

Too many practitioners overlook the impact of menopause and hormones, leaving a gap in your client care and limiting your client's potential transformation and healing.



Reframe the Conversation

Here are some examples of how you would integrate a menopause informed approach to your work with clients.

Example 1:

Your client is struggling with changing intimacy and connection with her partner.

Have you asking her if she is experiencing vaginal dryness or low libido? These are common menopause symptoms that affect relationships in midlife.

In addition weight gain, changing personal identity, feeling like something is off, feeling more stressed may all exacerbate the decreased desire for intimacy.

Asking deeper questions allows you to understand how menopause symptoms may be contributing to her relationship issues.

Example 2:

Your client is worried that she has ADHD, is feeling overwhelmed and can't juggle the way she used to. She is worried that she will never be sharp again.

It is important to reflect that cognitive changes are a potential key element of menopause. Brain fog, short term memory loss, lack of focus and concentration may *feel* like ADHD but infact it is frequently associated with hormonal fluctuation effects on the brain.

If ADHD has never been an issue for her, the protocol can now focus on supportive brain strategies rather than running for medication.





Reframe the Conversation

This is not about throwing out your existing modalities and protocols.

It's about asking the right questions, seeing the woman in front of you and what she is going through, being able to connect the dots between her experiences, her stage of life and practical solutions that make a difference.





Reframe the Conversation

What examples or experiences with clients do you now realise may have had an menopause piece impacting them.

How would you start to reframe the conversation or adapt some of the strategies you would recommend

[illegible]



What's Next

Become the go-to Menopause Informed Practitioner

As a therapist, coach, yoga instructor, nutritionist, or wellness practitioner, you are uniquely positioned to transform the lives of your midlife female clients.

You have the professional certification, trainings, modality and proven framework.

However, it's **easy to miss the hidden ways** menopause are impacting your client's progress and healing. And without the knowledge, language, and key steps to integrate a menopause perspective to your current work you are missing a major piece of your client's story and experiences.

The **Menopause Informed Training Program** empowers you to bridge that gap with confidence, expertise and actionable solutions.

Position yourself as the go-to menopause informed practitioner in your field by deepening your knowledge and adding to your skill set to meet the growing demand for practitioners who really understand how menopause shows up.

Enrollment open for next cohort:

<https://www.jacquelinerosehealth.com/mitprogram>

07 What's Next

Become the go-to Menopause Informed Practitioner

What you'll get when you join the Menopause Informed Training Program.

- Clear and in depth knowledge and understanding of the science, symptoms and hormones of menopause.
- 5 step framework and strategies to integrate a menopause language and approach into your existing modalities and protocol.
- Case study reviews and real-life examples so you can apply this in very practical ways with your clients.
- Supervision, mentoring and direct support on your client cases.
- Group learning from fellow practitioners working in diverse modalities
- Live, high-touch mentoring, no pre-recorded modules or self-learning — get immediate feedback from me in real-time.



Enrollment open for next cohort:

<https://www.jacquelinerosehealth.com/mitprogram>



I hope you have enjoyed this guide.

If you have any questions about joining the **Menopause Informed Training Program** or just want to be in touch with me to learn more, I invite you to email me at:
Jacqueline@jacquelinerosehealth.com

You can also follow me on my social media channels and my
[Youtube Channel](#).

Just search for **Jacqueline Rose Women's Health**

Check out my website
<https://www.jacquelinerosehealth.com/>

Listen to my Podcast
"Things I want my Daughters to Know"
available on Spotify, Apple and Youtube