

## Renew, Transform & Bloom Coaching Programme Outline

Many women find their 40's and 50's a difficult time of life, with a combination of significant hormonal changes, getting to grips with moving on from the reproductive to a new stage of life and maybe other concerns such as health conditions, 'empty nest' syndrome or family breakups and ageing parents. The menopause is often a scary or even closed subject, and older women are regularly portrayed as 'over the hill' or 'past it'. Modern medicine usually only offers (unpopular) HRT or anti-depressants, both of which can help control some of the symptoms, but neither of which acknowledge the transformation a woman is going through, nor do they address the root causes.

No wonder so many women struggle, and not knowing where to turn to for help, they will often suffer in silence. Their symptoms may continue for many years – hot flushes, insomnia, brain fog, mood swings, anxiety, low self-esteem, exhaustion, weight gain, lack of libido, to name a few.

For me personally, I only thought about the menopause when I started getting hot flushes, night sweats and my sleep went AWOL after I came off long-standing medication in my late 40's. Looking back, I now think that a bout of clinically-diagnosed depression in my early 40's was almost certainly linked to peri-menopausal symptoms, as I now know that these symptoms can start up to 10 years before the formal big M, which is actually only 1 day in your life – 12 months since your last period. I was prescribed anti-depressants, which I reacted badly to, so I turned to alternative remedies, including supplements, exercise and dietary changes to start with, and more recently techniques to improve my sleep, a developing awareness of the power of the mind and a completely new career! This is my mid-life journey and I feel positive and empowered to move forwards in my life.

What I learnt is that the menopause is a natural stage in life, and that if we work with our body and our mind, we have the capacity to find a path that is healing, liberating and positive. It is possible to create a life that you enjoy and this programme is designed to guide you through the physical, emotional and spiritual aspects of your life, to help you put the YOU back in the middle of your life.

When you have completed the programme, you will have created a mid-life journey that works for you, and you will have the tools, skills and knowledge to support your body and mind through to the next stage of your life. It is for women who are committed to making changes in their life, but don't know where to start, and would value additional, personalised support.

The programme comprises 6 modules:

1. Menopause & mid-life mindset - putting you first & creating your future
2. Relaxation & building resilience through stress management
3. What we consume, identifying triggers & busting menopause-unfriendly habits
4. What we do - movement, exercise & daily life routines
5. Optimising sleep, developing compassion and loving yourself
6. Creating a positive and sustainable future - putting it all together & moving forwards

Each module comprises an online training session, enabling you to gather relevant knowledge to help you make informed choices. This is accompanied by a worksheet to enable you to reflect on what is relevant for you and to generate ideas for how you can change and move forwards.

After each training module, you will have a 1-to-1 coaching session, or if you have joined a group programme, there will be regular group coaching sessions. Between sessions, Mary is available to answer questions or provide additional support as needed.

Coaching is facilitated support, based on the belief that all of us have the capacity to grow and change, but sometimes we need help to find our inner resources and move forwards. Health coaching helps you unlock your potential, develop motivation, and enables you to make and sustain powerful positive lifestyle choices, in easy do-able steps tailored to your needs. A coach will listen to you, hear you and support you, and be by your side through your transition

In short, working with a health coach enables you to take back control of your health, and puts you on the life path that you really want to follow. Is there anything else that you could buy that would enable you to be where you want to be in your life – in control of your health and embracing your future?

What are you waiting for you? Contact [mary@bloomwithmary.co.uk](mailto:mary@bloomwithmary.co.uk) now.

## FAQs

### *How long does the programme last?*

If you opt for a 1-to-1 programme, there is no set timing as it is personalised, but typically it will take 3-5 months. Each coaching session is 2-3 weeks apart, depending on your needs and other practicalities of life. Modules will generally be covered in the standard order, but may be varied according to your needs. Group coaching programmes last for 3 months with regular group coaching sessions and modules are covered in the listed order.

### *Where and when does coaching take place?*

The coaching is delivered by video conferencing (Zoom), which gives you flexibility to participate from any location. You don't need any special software as I will send you a link. For 1-to-1 programmes, timings can be chosen to suit your lifestyle – daytime, evenings or weekends. The date and times of group programmes will be given in advance.

### *What assurance do I have that this will work?*

As with all coaching programmes, it is not about telling you what to do, or someone else making things happen in your life, it is about you being open to a new way of living. Coaching is all about you, what you want to achieve and how much you are prepared to put in to the process. It's a bit like the old adage - 'you get out what you put in'.

Having said that, coaching is proven to achieve amazing results if you are ready and committed to moving forwards in your life. I fully appreciate that digging deep and changing habits is not always easy, but I will provide you with the support and skills to do so, if you are open to the challenge.

I am a qualified Cognitive-Behavioural Coach, and Programme Development Director for the UK Health Coaches Association. I also am a qualified trainer, I adhere to the Coaches' Global Code of Ethics and I am insured.

Or if you'd prefer to hear what previous clients have said: *"Mary listened and created a 'balance' around my issue. Mary has had a fantastic and most positive impact on many areas of my life. I would highly recommend Mary to anyone!"*