

LIFE · WOMEN

Menopause is Not a Pause

This is not the end of something. It is the beginning of a version of you that knows herself better.

90

MINUTES

1

FOCUSED SESSION



SMALL COHORT

You won't sit and listen. You'll do the work.

Every masterclass is a single 90-minute, coaching-led session — experiential by design and kept small, so every participant is seen, heard, and held accountable to their own next step. You leave with something you can act on immediately.

01

Coaching-Led

Guided by coaching methodologies that move you from where you are to where you want to be.

02

Experiential

You learn by doing — built around participation, real conversations, and practical exercises.

03

Results-Focused

You leave with a clear, personal action step you can take immediately.

Menopause is Not a Pause

A 90-minute coaching session for women navigating perimenopause and menopause who want to understand what they're going through, feel less alone, and leave with practical tools. You'll be heard, gain perspective, and leave with more confidence than you came in with.

HOW IT WORKS

Coaching Conversation

Guided by coaching methodologies to help you explore your experience, name what you feel, and identify what you actually need right now.

Experiential Activities

Structured exercises that build self-awareness and give you practical tools you can use from the moment you leave.

Group Conversation

Women together in an open, honest space. Hearing others share is often the most powerful part of the session.

Personal Takeaway

You leave with a clear, personal action that supports your wellbeing and confidence in the days ahead.

Available:

Online

In-Person

Women Groups

Family Groups

WHAT YOU GAIN

- ✓ A clearer understanding of what you're going through
- ✓ Practical tools to support yourself during this period
- ✓ Greater confidence in how you see yourself now
- ✓ The relief of being truly heard by women who get it
- ✓ One personal action step that makes a real difference



“I stopped dreading this chapter and started owning it. This session gave me back myself.”

— Programme Participant

RESERVE YOUR SEAT

Seats are limited and fill quickly.

01

Choose Your Session

Pick the masterclass that speaks to where you are now.

02

Reserve Your Seat

Visit our website and click Reserve Your Seat.

03

Complete Registration

Fill in a short form so we can confirm your place and format.

04

Show Up Ready

Receive your confirmation, date, and everything you need.

Reserve your seat today.

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