

GOLDSTER★

MENOPAUSE COACHING WELLBEING

A person wearing a red shirt and blue jeans is holding a black tag with the word "MENOPAUSE" written on it in white, chalk-like letters. The tag is hanging from a string that is tied around the person's waist. The person's hands are visible, holding the string. The background is a solid light blue color.

MENOPAUSE



WELLBEING FOR MENOPAUSE & BEYOND

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MENOPAUSE & BEYOND COACHING

IT'S A MAJOR CHANGE TO LIFE

Menopause, also known as 'the change of life', is the end of menstruation (having periods) in a woman's life. It is a natural occurrence at the end of the reproductive years, just as the first period during puberty was the start.

Most women reach menopause between the ages of 45 and 55, the average being around 51. After that women are 'post-menopause', and this can easily be as much as 1/3 of a woman's life.



IT'S ABOUT EMBRACING THE CHANGE

Communication and openness can be really key at this time, which is why coaching is a good idea. It's important to keep in mind that not all women might want to talk about certain symptoms or feelings though. It is also important to remember that each menopause is different, so we try not to make assumptions about symptoms or experiences.

How we approach and experience midlife varies enormously between women. A blessing, a curse, or a non-event? We want you to experience these years in the best way you can. Perhaps for the first time in your life, you are really needing to work out how best to do that.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.

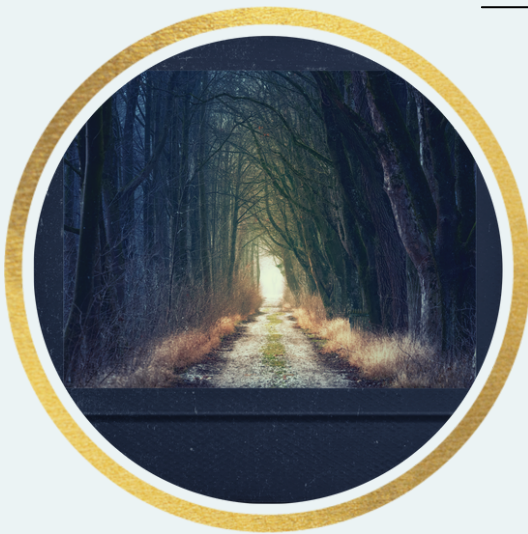


A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.



"The path is made by walking on it"

THE COURSE

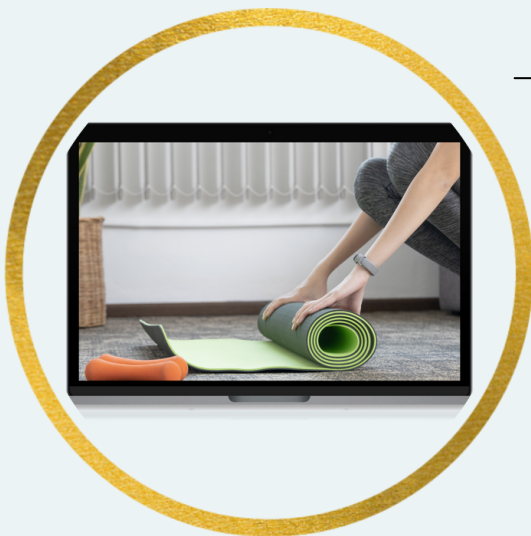
This 6 week course will be focusing on what women can do to improve their wellness through all stages of the menopause, and beyond. Sometimes it might feel like symptoms can be challenging, and overwhelming, perhaps in a life that is already demanding. This is an opportunity to come together weekly to share, learn, and grow in a safe and neutral space.

Each session will give an overview of a different topic, looking at the menopausal impact on health and lifestyle. Then coaching on how to make simple positive changes, perhaps a goal or task to take away for the next session. Topics have been chosen to reflect the foundations of wellbeing – energy, movement, weight management & body esteem, brain health, the core self; and lastly, heart health and ageing well.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life. We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated.
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes.
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform...



- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach.
- Participate in the forums and group as often as possible to extract as much information as possible.
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you.



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Course Overview (and a focus on energy)

To start we will look at some key things to know about the menopause including what, when, and how it happens. We will then move on to thinking about motivation, energy and the key to life - if we don't have enough of it, how do we get through the day, let alone make positive changes? So this is where to begin.

We will cover:

- What every woman should know about the menopause.
- Are you motivated to make changes?
- Improving sleep & rest routines.
- Hormones and their impact on women's menopausal daily rhythms.

This session aims to help you to prioritise and positively rethink daily energy requirements and what motivates you.

Week 2 - The Menopausal Brain

(with special guest, Susan Saunders - Age Well and Dementia Prevention Coach)

Anxiety, low mood, stress, mood swings, brain fog – not much fun. The declining sex hormones can play havoc with our brain function and the consequences might be far reaching.

Did you know even hot flushes start with changes in the brain? So what can we do to help? We will cover:

- Understanding how and why our brains are so impacted.
- A focus on hot flushes.
- A visit from Goldster's Susan Saunders with guidance on how to take care of our brains through and after the menopause.

The aim of this session is to help you develop a toolbox of practical solutions to help with menopausal changes affecting the brain.

Week 3 - Movement

with special guest, Tim Harris, Goldster's Personal Trainer

Our Western world has become incredibly sedentary, and research shows this is not beneficial to a balanced, well-functioning, menopausal body and brain. In fact as we age, it becomes even more important to be active, rather than 'slow down'.

You may well have heard some frightening statistics about menopausal bone and muscle loss, yet are experiencing symptoms such as joint pain, muscle ache, bladder weakness, hot flushes. Or perhaps you are so tired that the thought of proper exercise is just too much. We will cover:

- Why it is so important to keep moving in the menopause.
- Thinking about barriers to getting started - including the pelvic floor.
- Tim's view of the best ways to exercise in the menopause, particularly for weight loss.

This session aims to give you an understanding of why movement is so important, and to help you find ways to want to move.

Week 4 - The Core Self

Are you struggling to feel like yourself anymore? Does life feel out of balance, or out of control, and you are not quite sure where you are headed? This week we are talking about YOU. How to help you start to figure out who you are in this new phase of your life.

Symptoms aside for a moment, perhaps we can view menopause as an opportunity to reset ourselves if needed. After all, if this is the meno 'pause' then let us pause, and give you some time to think this through. We will cover:

- Your values, needs, and wants.
- Working out if your life is imbalanced, and if so how to start to redress 'saying no', and boundaries.
- A guided meditation on body and self-gratitude.

This session aims to leave you with a better sense of self, wherever you are in the menopause.

Week 5 - Eating Well in The Menopause

with special guest, Claudia Le Feuvre

There can be a cruel irony here - perhaps the most important time of life to eat well, yet the hardest? In this session, Cathy and Claudia want to help you get started on how, and what to eat, for midlife nourishment.

We will cover:

- Blood sugar balance - the 'how' of eating well.
- Thinking about making a simple start.
- Claudia's expertise on nutritional menopausal foods.

This session aims to help you make better choices around food in the menopause.

Week 6 - Heart, sex and the future

with special guest, Ruth Ramsay, Adult Sex Educator and Coach

There is one major symptom we still need to talk about – heart health. Let's talk about some simple wellbeing guidelines to protect the heart and circulatory system, as best we can. Then we will finish this course with a reflection on the course, and how to take this forward to life beyond the menopause.

We are all ageing, this course has been about introducing some choices and influences on ageing well. After hearing about your experiences, we will cover:

- Why we need to look after our hearts, and how wellbeing can help
- A wrap up of this course and thoughts for the future
- A visit from Ruth Ramsay, Adult Sex Educator and Sex Coach.

The aim of this session is to give attendees a chance to think about boosting their libido, and caring for their hearts.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 10 MINS BEFORE

Our class waiting rooms open 10 mins prior to the start time, just to give you enough time to get prepared and settled.

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class! Get ready for a warm welcome as your Goldster instructor greets you at the beginning of the class.

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Cathy Houghton

Health Coach and Personal Trainer to Women

Expertise: Menopause wellbeing and fitness, disordered eating and weight loss

Cathy coaches women from peri to post-menopause to build a better relationship with their food and bodies.

Cathy's wellness work includes nourishment, navigating the mid life transitions, ageing well, and investing in health now for a better quality of life later. As a Personal Trainer (with a specialism in menopause movement) she coaches women online in efficient, beneficial, and bespoke exercise.

Her vision is to help women find peaceful eating, balanced living, and energising movement.

SPECIAL GUESTS



Susan Saunders

Health Coach

Susan has spent years studying scientific data on healthy ageing, qualifying as an advanced health coach with the prestigious Institute of Integrative Nutrition in New York.



Claudia Le Feuvre

Nutritional Therapist

Claudia is passionate about making nutrition fun and inspiring. She has supported hundreds of people on their weight loss journeys and transformed their relationship with food.



Ruth Ramsay

Adult Sex Educator and Coach

Ruth helps clients rediscover who they are sexually, what they want and need, and how to experience this, transforming sex lives to joy, confidence and pleasure.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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