



Welcome to your IP Inclusive webinar on menopause



hello@womenofacertainstage.com

2023

Your speaker, CEO & founder of Women of a Certain Stage



Lauren Chiren is a trailblazing entrepreneur and globally renowned keynote speaker, trainer, and coach on executive women's well-being, with a particular focus on navigating menopause. After leaving her senior role in the financial sector due to what she believed to be early-onset dementia, she was shocked to learn that she was actually experiencing menopause.

Drawing on her extensive qualifications in psychology, mental health, nutrition, coaching, menopause and personal training, Lauren is a trusted expert who has helped thousands of executives, celebrities, and athletes around the world. She educates employers on the business benefits of being supportive of menopause and equips women with the tools to navigate hormonal changes and challenges with confidence.

Lauren's mission is to transform global attitudes towards menopause and help organisations to successfully support their teams through this transformative period. With her insightful directness, commercial pragmatism, and passion for optimal wellbeing and resilience, Lauren stimulates important conversations about what it means to be truly well at all stages of life.

As a leading voice in the menopause movement, Lauren speaks regularly in the press, has provided evidence to Parliament and sits on the British Standards Institute committee for the first-ever standard for menstruation and menopause in the workplace.

KEYNOTE TOPICS

Demystifying Menopause and normalising women's life stages

- Why being menopause savvy boosts the bottom line
- Let's talk menopause: the basics for everyone
- Leading through menopause

Empowering

- SPARK: ignite your vitality, influence and personal power
- Be, do and have what you desire
- Passion planning for life

CORE QUALIFICATIONS & AFFILIATIONS

- BSc HONS Psychology
- Mental Health First Aid
- Menopause: BMJ & Newson Health
- Personal Trainer & Sports Therapist
- DISC™ Communications Styles, Trainer
- Diplomas in Health / Life / Mastery / Transformational Coaching
- BSI Committee for Menstruation and Menopause Standard
- Member of Newson Health Menopause Society
- Member of International Menopause Society
- Member of Association of Business Mentors

Click [HERE](#) for a two minute video

Click [HERE](#) & [HERE](#) for headshots & [HERE](#) for logo



Health Coach Institute
Spark The Change Conference, Tuscon, Arizona

CLIENT FEEDBACK

"... ability to create positive contagion in most distressed environments"

"... encourages an environment of innovative thinking and challenge"

"... hugely adept at identifying the root of any anxiety or feelings of inadequacy, quickly facilitating achievable change, getting you back to 'you on a good day'"

Click [HERE](#) to read more on LinkedIn

SOCIAL LINKS

<https://twitter.com/LaurenChiren>

<https://www.linkedin.com/in/laurenchiren/>

<https://www.instagram.com/themenopausecoach/>

<https://www.facebook.com/WomenOfACertainStage>



Creating a Menopause Savvy Business with Women of a Certain Stage



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How to use this workbook

- Capture your nuggets
- Jot down your key stakeholders
- Note who will help you drive menopause awareness forward
- Commit to making change happen
 - What will you do
 - By when
 - With whom
 - What resources do you need
 - What might get in your way
 - How will you make sure you remove any obstacles from stopping you drive this forward?

2023

MENOPAUSE TRAINING

Recommendations



FREE
Menopause:
The Basics
course

Click [HERE](#)



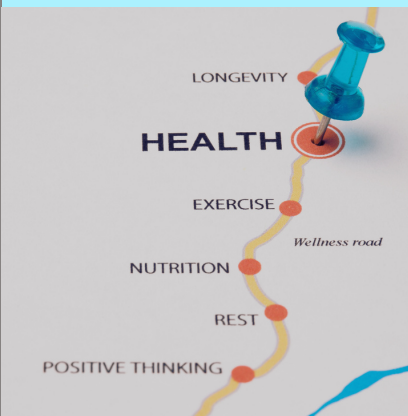
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Menopause
CHAMPION

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COACH

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Explore
corporate
training

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BECOME A MENOPAUSE SAVVY EMPLOYER

Menopause The Basics

1230 - 1315 [UK], Mon - Wed

Click [HERE](#) for the next dates

Get in touch for:

- Menopause Awareness Sessions
- Line Management Training
- Menopause Champion / Ally certificate
- Becoming a Menopause Coach diploma

Click [HERE](#) to book a chat.