

Understanding yourself in Perimenopause and Menopause: Supporting mental and physical fitness

1-hour interactive webinar plus attendee handout

Hosted by Denise Yeats and Ros Dodd

We are all aware of the challenges faced daily in the workplace, from meeting deadlines to navigating interpersonal dynamics. However, one aspect that often goes unnoticed yet significantly impacts performance is the mental and physical impact on employees. This becomes even more apparent during pivotal life stages like perimenopause and menopause. During this one-hour interactive session, Denise Yeats and Ros Dodd delve into the neuroscience of anxiety and its impact on cognition, especially amidst hormonal changes. More importantly, we explore practical strategies to help your team understand and manage stress effectively, empowering them to stay focused, resilient, and productive in the face of everyday challenges.

In this talk we will look at:

What is anxiety and how does the menopause affect it?

The neuroscience of anxiety of why it is useful (and when it is not!)

The sympathetic nervous system

How hormonal changes affect anxiety and cognition during menopause

How we feel, and its impact in the workplace

Broader description of menopause symptoms

The unseen - are you in perimenopause and don't realise it?

Understanding what you can and can't control

Removing the shame

Be kind to yourself: it's not you, it's the symptoms

Developing your menopause 'awareness muscle'

Identifying your support network: at work, at home, and institutionally

Cultural perceptions of menopause matter

Ways to recharge your mental battery

The importance of stress management on our physiology, especially during perimenopause and menopause: The pillars

Exercise: Building specific physical practices and routines into everyday life to support you holistically

Sleep

Hydration

The effects of alcohol

Nutritional habits: menopause supporting foods and supplements

Mindfulness practices including yoga, grounding techniques etc

Q&A, plus post event handout including techniques and exercises



DENISE YEATS

RESET RECHARGE RECLAIM
REALISING YOUR POWER AT ANY AGE

About Denise Yeats

Denise Yeats is a highly skilled coach and personal trainer with a passion for empowering women to Reset, Recharge, and Reclaim their vitality during menopause and perimenopause. As a 55 year old triathlete, Level 3 Personal Trainer, Level 2 Gym Instructor, Ironman® Certified Coach, and Cold Water Therapy Practitioner, she brings a wealth of personal experience and expertise to her coaching.

Denise's dedication to women's health extends to her completion of Dr. Stacy Sims' 'Menopause for Athletes' course, making her uniquely qualified to guide women through the challenges and opportunities presented by this life stage. She tailors her coaching and personal training to meet the needs of women at different hormonal stages, empowering them to embrace their individuality and work with, rather than against, their unique physiology.

www.deniseyeats.co.uk

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



About Ros Dodd

Ros Dodd is a mental fitness coach and solution focused therapist.

Ros coaches people to perform better: reaching personal goals, and tackling barriers, changes in career, performance at work, loss, and so on. She uses tools from solution focused therapy, hypnotherapy, coaching and CBT. This helps people who have anxiety disorders, depression, or are stressed or burntout. Ros allows people to find peace of mind and begin to thrive, and develop the tools to maintain their mental fitness.

<https://www.rosdodd.com/>

https://www.instagram.com/rosdodd_mentalfitness/



Both Denise and Ros are currently working with clients including the Metropolitan Police and Thames Valley Police to support their Menopause in the Workplace initiatives.