

Menopause Wellness Coach

Step into Your New Phase with
Balance, Clarity and Strength



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Passionate about positive menopause

Having supported many women with their peri-menopause and menopause experience, I understand how these changes can affect both your home life and work life. The menopause transition can be particularly challenging, especially when you're trying to maintain your daily routine and responsibilities.

As women know all too well, dealing with brain fog, disrupted sleep, unexpected hot flushes, and moments of anxiety can leave you feeling overwhelmed and not yourself. But with the right support, you can change your experience of menopause.

As a former Registered General Nurse and certified Menopause Wellness Coach, I offer practical, sensible support that's tailored to your individual needs.



About

Menopause is a natural phase in every woman's life, but it doesn't have to feel overwhelming. Whether you're just beginning to notice the first signs of perimenopause or are already navigating the challenges of menopause, the experience doesn't have to be something you simply endure. How you approach and respond to these changes can have a profound impact on how you think, feel, and behave, ultimately shaping the quality of your life during this time.

My approach combines professional guidance with a genuine understanding of what you're going through. With proven techniques and tailored strategies, I can help you manage your symptoms effectively. Together, we'll find practical ways to bring balance back into your life, regain your confidence, and navigate this time more easily.

The Menopause Wellness Coach service is all about providing real support for real women. My goal is to help you embrace this natural transition with dignity and a renewed sense of self. You deserve to feel understood and supported as you go through this phase of life, and I'm here to guide you every step of the way.



About continued

Take control of your symptoms and feel your best again!

My Menopause Wellness service offers effective strategies, including mindfulness and hypnotherapy, to help address the physical and emotional symptoms of perimenopause and menopause, such as:

- Hot flashes & night sweats
- Mood swings & emotional instability
- Anxiety & stress
- Fatigue & sleep disturbances
- Brain fog & difficulty focusing
- Irritability & low tolerance
- Muscle tension & physical discomfort
- Feelings of overwhelm & loss of control
- Reduced energy & loss of mojo





Testimonials

“I was starting to feel a bit better with my hot flashes because my GP had stated me on HRT, but I was finding the brain fog made me feel frustrated and stupid. What was happening to me? Things I could do so easily and quickly at work were taking me longer to do and I was forever checking and re-checking my work because I needed to make sure I had done it right...

I learned some techniques to help me with the brain fog and I was surprised how much it helped me feel I can still cope and do things I have always done at work. Carol was patient with me and I felt very comfortable with the way she helped me.”

Laura

“I found the appointments with Carol really helped me with my menopause. I was frustrated and angry about what was happening to me but now I understand more and have ways to help myself thanks so much Carol.”

Helen

Services & Fees

Menopause Wellness Coach options available:

Menopause Wellness Coach Appointment: £70

Menopause Wellness Coach Programme: £220

The programme offers a combination of menopause information and support to develop personal self help, practical techniques to enhance your positive menopause experience. It includes:

- Three personalised appointments
- Materials to support your positive menopause experience
- Two MP3 audios to enhance your positive menopause mindset

To assist you, programme appointments can be scheduled over an agreed-upon timeframe.

A 10% discount for NHS, Care, Emergency Services, and Armed Forces applies to all sessions and packages.





Extra Info

Free Initial Consultation

To help you decide if working together could benefit you, I offer a no-obligation free phone call. This is a chance to explain the help you require, find out more about how we can work together, and ask any questions you may have. Please contact me to book.

Enhance Menopause Wellbeing at Work

Visit my website to discover my Menopause in the Workplace services and more. (add link)

Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***