

Mindful Menopause Programme

Support to have a calm and positive menopause



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Passionate about positive menopause

I am a certified and registered clinical hypnotherapist, mindfulness instructor and Mindful Menopause Practitioner.

Oh...and I'm a woman with experience of menopause so I get it!



About

With the right tools, you can change your experience of Menopause

Being a woman, it happens, the M word... there's no escaping it... menopause, and being a woman, just to be sure you don't miss out on the menopause...it all starts with that peri-menopause.

How we react and respond to menopausal changes can make all the difference to how we think, feel and behave which in turn influences the quality of life during menopause.

Menopause support is available in many ways, such as from GPs, clinics, HRT, but gaining knowledge, an understanding of what is happening to your body and developing self-help strategies has the potential to empower you to embrace your menopause journey rather than just riding out the menopause storm.





Testimonials

“Carol made me feel safe and comfortable and it was easy to talk to her. She made me feel that anything is possible and she has a lovely voice to listen to. I would highly recommend her to anyone.”

Helen, Mindful Menopause Client

“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, Menopause Client

Services & Fees

Mindful Menopause options available:

Menopause Support Appointment: £70

Mindful Menopause Programme: £220

The programme offers a combination of hypnotherapy and mindfulness, providing empowering and 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.

Mindful Menopause for Groups

Please enquire for details.

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.***