



Forearmed - Helping you to advocate for what you need

3 x 60min sessions with Mani to start taking action.

\$299

Included in this session:

- Everything in the Forewarned session plus-
- Identifying other key symptoms impacting your work performance, longevity and quality of life.
- Language of self advocacy with medical professionals to get the treatment options that you want, including HRT.
- Language for workplace conversations and negotiations.
- Ongoing next steps for you to plan and undertake towards your best health.
- Access to tailored education for your specific symptom profile.

Strong women - strong futures

Forewarned + Forearmed = Formidable