



**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**