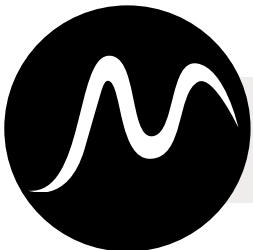


COURSE OVERVIEW

*Training*  
Menopause  
*Confident*

LEVEL 1

*Creating clarity and calm*



[WWW.THEMENOPAUSESCHOOL.COM](http://WWW.THEMENOPAUSESCHOOL.COM)

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# ABOUT THIS COURSE

A 1-week fast-track program. Gain the skills you need to help others.

**Level 1** is an entry-level, self-paced course for any holistic health or wellbeing professional who works alongside or supports menstruators with their physical and mental health.

Students will be enabled with information and a framework to lead confident conversations and teach others at a basic level about menstrual & menopause health and wellbeing. The content prioritizes learning the biological framework of human physiology using evidence-based science data. This course does not provide learners with the ability to diagnose or prescribe.

## ACCESSED FULLY ONLINE

- Content delivered via videos and written materials
- 6 Lessons each with an introduction, core content, and video
- Completion time estimate 1 week, based on studying one lesson per day and completing the assessment (one open book test)

**Bonus resource:** The Story of Menopause (developed in collaboration with The Menopause Group and National Lottery Community Funding)

## ASSESSMENT

- 25-question open book test with multiple choice questions.
- There is an opportunity to read the questions before taking the test.
- A pass mark of 80% is required.
- Up to 2 further re-takes are possible.

## RECOGNITION

- Certificate of accreditation on completion

## COMMUNITY

- All students have access to the community portal and networking calls. A full calendar of optional events is available

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## TERMINOLOGY

- We use gender-expansive language to the best of our knowledge and ability and continue to evolve in our choice of words when teaching and supporting others.

## REFERENCES

- A collection of 25 referenced articles at this level with access to many more in the community portal.

## SUPPORT MATERIALS

- Canva template links will be provided on completion of the course
- The Menstrual Health timeline template and script for educators
- The Story of Menopause script for educators
- The Menstrual Health Circle Template

## LESSON OVERVIEW

### **Lesson One**

*We explore the sequence of physiological events from the point of puberty to postmenopause in a simple framework called the menstrual health timeline.*

- The definition of a typical menopause and the non-typical timeline
- The stages along the ovarian aging timeline continuum
- The factors that influence the age of menopause (day)

### **Lesson Two**

*An introduction to sex hormones and the hormone collective and why all humans need to understand their significance for positive health outcomes.*

- How they work and their roles, beyond periods and pregnancy
- Levels and ratios daily and overage
- The key functions of the family of oestrogens and how they support the eleven systems of the body

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# LESSON OVERVIEW (CONT)

## Lesson Three

*We introduce the mechanics of menstruation and the essential biology related to the menstrual cycle, in terms of the menstrual health timeline and its overall significance for positive well-being*

- The hormones as part of the Menstrual cycle
- The definition of menstrual health
- Menstrual health and the stress connection.
- Cofactors that affect the menstrual cycle
- Ovulation and Anovulation

## Lesson Four

*A closer look at the point on the menstrual health timeline called perimenopause. How does it evolve and what does it look and feel like?*

- Ovulatory disturbances and the eggs-factor
- Changes along the continuum in terms of Operating System upgrades
- Signs and indicators during perimenopause (also known as symptoms)
- Tracking symptoms and tuning into oneself

## Lesson Five

*We explore the symptoms and explain the cumulative effect the hormone collective can have on the menopause experience.*

- The symptom paradox - why there is no set number or order of symptoms
- How symptoms can fall into different categories of psychological, physical, physiological
- The symptom influencers and co-factors
- An introduction to a whole-person approach to symptom management

## Lesson Six

*A closer look at the consequences of menopause in terms of the Modern Menopause and postmenopause health and well-being.*

- Risks and consequences of menopause
- Healthy Aging in terms of increased risks and menopause well
- Secondary side effects and situations
- Mindset and future planning
- Finding the joy in menopause

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# LEARNING OUTCOMES

*By the end of this course you will be able to:*

- Explain the menstrual health timeline from periods to postmenopause
- Know the stages along the timeline
- Describe the timeline in terms of ovarian aging
- Know that the hormones involved in menstruation and menopause are the same
- Discuss the role sex hormones have in supporting all 11 systems of the body
- Talk about how hormones work as a collective and influence well-being both positively and negatively
- Understand the menstrual cycle in terms of overall health and wellbeing
- Know the connection between stress and menstrual health
- Explain the significance of ovulatory disturbances
- Talk with confidence in simple terms about the signs, indicators, symptoms, risks, and consequences of peri/menopause
- Understand the basics of the menopause toolkit
- Be aware of the different things that affect the dynamics of the menopause experience.
- Confidently explain an overview of The Story of Menopause

## GETTING STARTED

- Visit the registration link below
- On completion of payment, your account will be created and you will receive a confirmation email with login details.
- You will have instant access to the learning portal and resources
- Learn at your own pace
- Full guidance and support via email and our community group
- LIVE community calls and Q & A

[ENROL HERE](#)

**If you have any questions please email [info@themenopauseschool.com](mailto:info@themenopauseschool.com)**

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# RECENT FEEDBACK

I just wanted to put into writing how much I have appreciated and valued the whole Menopause Doula experience. I felt as though you and the course content really celebrated what it is to be a female today. I leave the workshop feeling empowered not only to support my patients but in gaining awareness of my own menstrual health cycle.

## **MENOPAUSE DOULA COURSE REVIEW**

The course format was easy to access and follow with excellent support before, during and after completion. I am excited to be part of changing the face of menopause care, enabling my clients to make informed decisions about their hormone health not just now but for the rest of their lives.

## **MENOPAUSE DOULA COURSE REVIEW**

The way Fiona has taken us back not to the beginning of our menopause but to the beginning of puberty and then told the story forward from there put everything into context, it was amazing. Her language made it accessible, her knowledge made it fascinating and her personal experience made it real. I was in awe.

## **THE MENOPAUSE STORY & MENOPAUSE MAPPING ATTENDEE**

This is the course I have been searching many years for. I found it very easy to follow (although still challenging enough) with the videos and slides, and liked that I could just rewind if I was unsure about anything.

## **MENOPAUSE DOULA COURSE REVIEW**

