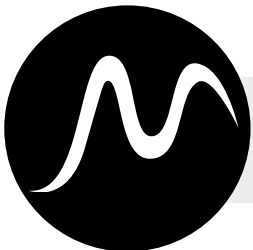


Training
Menopause
Care Skills

LEVEL 2

Facilitate The Learning Of Others



ABOUT THIS COURSE

A 6-week training program. Take your knowledge to the next level. Includes access to Level 1 which must be completed before starting level 2

Level 2 is an intermediate-level course for any holistic healthcare professional who works alongside or supports menstruators with their physical and mental health.

Students will be provided with a deep insight into the science of the menstrual health timeline. They will gain knowledge and skills to develop a safe and supportive environment.

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
- The completion time estimate for Level 2 is 5 weeks

(Plus one week for Level 1, total 6 weeks)

ASSESSMENT (IN ADDITION TO LEVEL 1 TEST)

- A Quiz after each lesson - open book test with multiple choice questions.
- There is an opportunity to read the questions before taking the test.
- A pass mark of 100% 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

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 50 referenced articles in the community online portal Library.

SUPPORT MATERIALS

- **in addition to those in Level 1**
- Canva template links will be provided on completion of the course
- The Menopause Journal & Tracker
- The Menstrual Health Handbook
- Menstrual Health Made Easy (a 12-part audiobook)
- The Story of Menopause slide deck and script is a visual aid for presentations and education sessions.
- Full use of the Story of Menopause Video

LESSON OVERVIEW

Lesson One

The menstrual health timeline in more details

- A slower, comprehensive look at the menstrual health timeline
- We explore the menstrual health timeline in terms of menstrual maths and the menstrual health wheel.
- Both these tools can be used to start confident conversations
- Quiz 1

Lesson Two

- *Sex hormone science*
- The science of sex hormones in relation to menstrual health with a lifetime lens.
- The specifics of each hormone and how they interact with each other
- How the roles of each will have an impact on the menopause experience
- The change in levels and hormonal decline triggered by accelerated ovarian aging
- We connect the science with where it fits in the visual representations of The Story of Menopause
- An introduction to the co-factors and why they play a role in a menopause toolkit
- Quiz 2

LESSON OVERVIEW (CONT)

Lesson Three

A closer look at menstruation and the hormones involved

- Why menstrual health is the 5th Vital sign
- The ovary-brain connection
- Why we should track and journal menstrual cycles in relation to overall well-being
- Why it's important to think beyond the bleed
- The hormones involved, their levels, and their ratio to each other in terms of physical and mental health outcomes
- How levels change overage and the myth of the menstrual cycle diagrams
- The significance of ovulation and anovulation
- Cycle phases, and how they evolve along the timeline
- Menstrual Cycle optimised nutrition
- Quiz 3

Lesson Four

Exploring the Hormone Collective Science

- The role of hormones as a collective, and the influence they have on signs and symptoms
- The cortisol connection
- The insulin connection
- The ratio of hormones to each other and the disruption this can create
- Hormones and the probability of behaviour
- The role of non-ovarian sex hormones
- The HPA axis
- Histamine intolerance
- Making a connection between the hormone collective, co-factors, and a menopause toolkit
- Quiz 4

LESSON OVERVIEW (CONT)

Lesson Five

Exploring The Science of Perimenopause and menopause at a deeper level

- Clarity on the words used to describe menopause
- We cover the dynamics of menopause and the co-factors that create various experiences.
- The stages of menopause a typical transition and Non-typical Menstrual Health timelines
- Hormonal decline, and ovulatory disturbances.
- Quiz 5

Lesson Six

Introducing the Signs & Symptoms, alongside Risks & Consequences of menopause

- The symptom paradox in detail, including signs & indicators versus ongoing symptoms.
- There are no fixed number of symptoms.
- We explore the hormone shifts along the continuum
- What are the risks & consequences of postmenopause, including bone and heart health
- We look at the bigger picture and consider what actions can be taken to minimise the risks
- We take into account that healthy aging is directly related to healthy menopause.
- The importance of long-term health goals
- Quiz 6

Lesson Seven

How to create supportive solutions using a Menstrual Health/Menopause Toolkit

- We take a closer look at how Complementary & Lifestyle Therapy can support hormone health and well-being.
- The benefits of using a whole-person approach
- Exploring ways to support the co-factors to minimise the wear and tear
- How to use breathing, nutrition, movement, rest, and destress as part of a robust menopause toolkit.
- We take a closer look at the different treatments that can be prescribed by healthcare practitioners.
- Quiz 7

LESSON OVERVIEW (CONT)

Lesson Seven

An introduction to creating confident conversations

- Build confidence by talking about the topics with others, and becoming familiar with the different terms and tools we have provided.
- Finding your menopause voice and the learning curve that goes with becoming a menopause educator and mentor.
- Learn about the different formats you can use to create conversations and how to piece them together.
- How to become a Menstrual health friendly provider

LEARNING OUTCOMES

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

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- Talk knowledgeably about the menstrual health timeline from periods to postmenopause
- Know the stages along the timeline and explain the science behind them
- Understand how to use menstrual maths as a tool to add context to the menopause experience.
- Talk with confidence about the role of sex hormones in human physiology beyond periods.
- Be able to facilitate the learning of the menstrual cycle and the significance of the phases along the menstrual health timeline at any age.
- Be knowledgeable about the hormone collective and the different interactions between hormones along the timeline.
- Know the stages of the transition and how to explain them to others

LEARNING OUTCOMES CONT

- Understand the significance of ovulatory disturbances, combined with accelerated ovarian aging.
- Have a comprehensive understanding of the signs and symptoms, risk, and consequences.
- Know how to initiate conversations and create confident safe spaces around the topics of menstrual and menopause health.
- Understand the connection between signs and indicators, the hormone collective, and the cofactors.
- Be aware of the essential items needed in a menopause tool kit to support the eleven systems of the body to alleviate symptoms and contribute to positive health outcomes.
- Understand the basics of hormone replacement therapy and be able to differentiate between hormonal and non-hormonal treatments
- Have a clear understanding of the bigger picture and how healthy aging is directly related to health menopauseing.

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

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

