

ADELE JOHNSTON COACHING

MENOPAUSE COACH

STARTER KIT

The Ultimate Menopause Coaches Guide: Empowering Women Through Menopause



"Your go-to resource for transforming menopause support into a thriving coaching practice."

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SECTION 1: Introduction

Welcome to The Ultimate Menopause Coaches Guide!

This guide has been carefully crafted to empower you with the knowledge and tools to succeed as a menopause coach.

Whether you're just starting or looking to deepen your expertise, this resource will:

- Equip you with actionable coaching tools
- Enhance your understanding of menopause
- Guide you toward building a successful coaching business

By the end of this guide, you'll feel confident and prepared to make a meaningful impact on the lives of women navigating menopause.

For those ready to take their skills and business to the next level, the Menopause Support Coaching Certification (MSCC) is the perfect next step.

SECTION 2:

Why Menopause Coaching Matters

Menopause is an inevitable part of life that every woman experiences, yet it remains under-discussed, under researched and misunderstood around the world.

This lack of understanding can leave women feeling isolated, unsupported, and struggling to manage the profound changes in their bodies, emotions, and lives.

As a menopause coach, you have a unique opportunity to transform this narrative and make a significant impact in several key areas for your clients, women around the world; and for yourself and your business:

1. Closing the Gap in Education

Despite the increasing awareness of menopause, many health and fitness professionals lack comprehensive knowledge to provide effective support. This gap creates a tremendous opportunity for menopause coaches to bridge the divide and offer:

- Evidence-based guidance tailored to individual needs
- A holistic approach that considers physical, emotional, and psychological well-being

2. Empowering Women to Regain Confidence

For many women, menopause is accompanied by a loss of identity, confidence, and control. Common symptoms such as brain fog, mood swings, and weight gain can negatively impact relationships, careers, and self-esteem.

As a menopause coach, you can:

- Provide tools and strategies to help women manage these challenges
- Support them in reframing menopause as a powerful new chapter in their lives
- Guide them to set and achieve meaningful health and wellness goals

3. Addressing Workplace Challenges

Menopause in the workplace is an emerging topic, but stigma and misinformation persist.

Women often feel forced to hide their symptoms, resulting in stress, absenteeism, or even resignations.

I was one of them, resigning from my 20+ year career due to menopause and the lack of understanding, lack of support and lack of awareness.

Consider these statistics:

- 1 in 4 women consider leaving their job due to menopause symptoms
- 1 in 10 women actually resign because of menopause and symptoms
- Over 80% of women report a lack of support and understanding

As a menopause coach, you can:

- Work with organisations to implement menopause-friendly workplace policies and help more women remain in their chosen careers and workplaces
- Educate employers, senior leadership teams (SLT) and employees about menopause to foster understanding and inclusivity
- Support individual clients in managing symptoms to enhance workplace satisfaction

4. Changing the Narrative

Menopause is often portrayed negatively in the media and, rather upsettingly, even more so in today's culture - still.

By focusing on empowerment, resilience, and education, our menopause coaches can:

- Normalise conversations about menopause and offer life changing support
- Support proven evidence-based practices and methods to manage symptoms and
- Inspire women all around the world to embrace this life stage with confidence and life enhancing methods that you will share with them

Your role as a menopause coach is vital in creating a ripple effect of change, impacting not only the lives of your clients, helping enhance and reshape women's health worldwide, but also add a very sought after and wanted support service to your coaching business.

Together, we can ensure no woman feels unsupported or unheard during this transformative time.

SECTION 3:

Core Skills of a Menopause Coach

1. **Empathy and Active Listening:** Creating a safe, non-judgmental space where clients feel heard and understood.
2. **Knowledge of Hormonal Health :**A deep understanding of the physiological symptoms so they feel informed and in control of their journey.
3. **Adaptability:** The ability to tailor coaching tools and techniques to meet individual client needs and lifestyles.
4. **Empowerment Through Education:** Teaching clients about their bodies and emotional, and cognitive impacts of menopause.
5. **Resilience and Confidence Building:** Equipping clients with strategies to overcome challenges and embrace this stage of life with strength and positivity.

Additionally, an MSCC-certified menopause coach is trained to:

- **Use Evidence-Based Approaches:** Applying research-backed methods to address symptoms and improve quality of life.
- **Encourage Holistic Wellness:** Supporting clients' physical, mental, and emotional health through personalised coaching.
- **Inspire Self-Advocacy:** Guiding clients to become proactive in their health and wellness journeys.

By mastering these skills and qualities, you'll stand out as a compassionate, knowledgeable, and effective menopause coach who transforms lives.

SECTION 4:

Understanding Hormonal Changes

Menopause marks the end of the menstrual period for 12 consecutive months, but this endpoint is only one milestone in a longer hormonal journey that begins in perimenopause. Perimenopause, which can start years before menopause, is characterised by fluctuating hormone levels that often lead to a wide range of physical, emotional, and cognitive symptoms.

As a menopause coach, having a foundational understanding of the endocrine system - female sex hormones - and their systemic effects is crucial for offering evidence-based guidance and empathetic support to your clients.

Here's a brief overview of the key female sex hormones.

Key Hormones to Understand:

1. Estrogen

Role in the Body

Estrogen is the primary female sex hormone, playing a pivotal role in reproductive health, menstrual cycle regulation, and the maintenance of secondary sexual characteristics.

Beyond reproduction, estrogen supports:

Mood Regulation: By influencing neurotransmitters like serotonin and dopamine.

Bone Health: By reducing bone resorption and maintaining bone density.

Cardiovascular Health: By improving vascular function and cholesterol levels.

Cognitive Function: Protecting against cognitive decline and supporting memory.

Decline During Menopause: Fluctuations and eventual decline in estrogen can lead to symptoms such as hot flashes, vaginal dryness, and increased risk of osteoporosis and cardiovascular disease.

2. Progesterone

Role in the Body

Progesterone balances estrogen, supports the uterine lining during the menstrual cycle, and impacts central nervous system functions like:

Sleep Quality: Acting on GABA receptors to promote relaxation and restorative sleep.

Stress and Anxiety Management: Modulating the stress response and reducing anxiety levels.

Decline During Menopause: Decreasing progesterone levels can result in sleep disturbances, heightened anxiety, and irregular menstrual cycles during perimenopause.

3. Testosterone

Role in the Body

Often overlooked in discussions about female hormones, testosterone is essential for:

Libido: Driving sexual desire and arousal. Muscle strength and mass supporting physical strength and energy levels.

Mood and Cognitive Clarity: Contributing to motivation and mental sharpness.

Changes During Menopause: While testosterone decline is more gradual, it can lead to reduced libido, decreased energy, and loss of muscle mass over time.

Common Symptoms of Hormonal Changes:

- **Hot Flashes and Night Sweats** : Caused by fluctuations in estrogen affecting the hypothalamus, the body's thermostat.
- **Mood Swings and Anxiety** : Linked to declining levels of progesterone and estrogen, impacting neurotransmitter balance.
- **Cognitive Changes** : Often described as "brain fog," these include memory lapses, difficulty concentrating, and slower processing, influenced by hormonal shifts.
- **Sleep Disturbances** : A combination of progesterone decline and symptoms like night sweats can severely affect sleep quality.

Key Insights for Coaches:

1. Holistic Impact of Hormones

Female sex hormones influence more than reproduction. They interact with nearly every system in the body, from the cardiovascular system to the brain, emphasising the importance of a whole-body approach to menopause care.

2. Individual Variability woman to woman

Every woman's hormonal journey is unique. Symptom severity, onset, and progression vary widely due to genetics, lifestyle, and health history. It's important to see each woman as an individual and not 'cookie-cutter' her support.

3. Interconnected Systems

Hormonal changes during menopause do not occur in isolation. For example, estrogen decline affects bone density, which is intricately tied to physical activity, nutrition, and overall health. Think of the bigger picture both in the immediate term and the long-term impacts of menopause hormonal decline.

4. Evidence-Based Strategies

As a coach, provide clients with tools and solutions that are grounded in science not bogus pseudoscience nonsense. Some considerations are:

- Nutrition plans that support hormone balance and bone health (e.g., calcium, vitamin D, and phytoestrogens)
- Stress management techniques like breathwork to alleviate anxiety and promote sleep to support and protect the nervous system
- Tailored exercise and movement programmes that preserve muscle mass and enhance cardiovascular health, both vital for women's health at every age but even more so in menopause years.

By understanding the basic science of hormonal changes and their implications, you can guide clients through menopause with greater confidence and competence, helping them not only manage symptoms but also thrive during this transition with knowledge and the ability to navigate it their way.

SECTION 5:

The GCS Symptom Tracker

The Greene Climacteric Scale (GCS) is an established and widely used tool for identifying and monitoring menopause related symptoms.

As a menopause coach, incorporating the GCS Symptom Tracker into your practice allows for a structured, evidence-based approach to understanding your clients' experiences, measuring progress, and tailoring strategies to their needs.

This is a 'tool' we provide all students inside the Menopause Support Coaching Certification (MSCC) so they can brand it with their own branding and use it as a tool and lead magnet for their own business.

What is the Greene Climacteric Scale?

Greene Climacteric Scale

The (GCS) is a validated questionnaire specifically designed to evaluate the severity and impact of menopausal symptoms across physical, psychological, and sexual domains.

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Please use this checklist to capture your symptoms. I'd recommend returning to this once a month at minimum.

NAME: DATE:

Greene Climacteric Scale

Please indicate the extent to which you are experiencing any of these symptoms by placing a tick in the appropriate box.

SYMPTOMS	NOT AT ALL	A LITTLE	QUITE A BIT	EXTREMELY	COMMENTS
Heart beating quickly/strongly					
Feeling tense or nervous					
Difficulty in sleeping					
Irritable					
Attacks of anxiety/panic					
Difficulty in concentrating					
Feeling tired or lacking in energy					
Loss of interest in most things					
Feeling unhappy/depressed					
Crying spells					
Feeling dizzy or faint					
Pressure or tightness in head					
Parts of body feel numb					
Headaches					
Muscle and Joint Pain					
Loss of feeling in hands or feet					
Breathing difficulties					
Hot Flashes					
Sweating at night					
Loss of interest in sex					
Vaginal changes					

Developed by Dr. John Greene in 1976, the GCS is a self-reported tool that provides a quantifiable measure of the climacteric (or menopausal) experience and is used by many medical professionals to assess menopausal symptoms.

The scale includes 21 items grouped into different symptom categories, each rated on a scale from 0 (not present) to 3 (severe).

These categories fall into 4 key areas:

1. Psychological Symptoms
2. Somatic Physical Symptoms
3. Vasomotor Symptoms
4. Sexual Symptoms

The scale is not only used to identify the presence of symptoms but also to track changes over time, making it an invaluable tool for measuring the effectiveness of interventions.

How the GCS Symptom Tracker Benefits Your Coaching Practice

1. Holistic Symptom Assessment

○ By covering a broad range of symptoms, the GCS ensures that both commonly recognised symptoms (e.g., hot flushes) and less-discussed issues (e.g., anxiety, low libido) are identified.

2. Baseline Measurement

○ Using the GCS during your coaching provides a clear picture of your client's starting point. This helps establish a baseline for future comparisons.

3. Progress Tracking

○ Using the tracker regularly allows you and your client to monitor changes over time. Positive changes can reinforce the effectiveness of your coaching strategies and interventions.

4. Enhanced Communication

○ The structured format of the GCS facilitates open, focused discussions about symptoms, enabling you to address client concerns more effectively.

5. Customisable Support

○ Data from the GCS helps you tailor recommendations to address the most pressing symptoms, ensuring your clients feel heard and supported.

How to Use the GCS Symptom Tracker

1. Introduce It Early

- During your first session, explain the GCS to your client and guide them through completing the questionnaire.
- Emphasise its purpose in understanding their unique menopause journey.

2. Track Progress Consistently

- Encourage clients to complete the tracker at regular intervals (e.g., monthly or quarterly). This consistency enables you to identify trends, celebrate improvements, and refine strategies as needed.

3. Celebrate Success

- Highlight reductions in symptom severity or frequency during follow-ups. Celebrating progress fosters confidence, trust, and motivation in your clients.

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NUTRITION LIFESTYLE COACH

Please use this checklist to capture your symptoms. I'd recommend returning to this once a month at minimum.

NAME: DATE:

Greene Climacteric Scale

Please indicate the extent to which you are experiencing any of these symptoms by placing a tick in the appropriate box.

SYMPTOMS	NOT AT ALL 0	A LITTLE 1	QUITE A BIT 2	EXTREMELY 3	COMMENTS
Heart beating quickly / strongly					
Feeling Tense or nervous					
Difficulty in sleeping					
Irritable					
Attacks of anxiety/panic					
Difficulty in concentrating					
Feeling tired or lacking in energy					
Loss of interest in most things					
Feeling unhappy / depressed					
Crying spells					
Feeling dizzy or faint					
Pressure or tightness in head					
Parts of body feel numb					
Headaches					
Muscle and Joint Pain					
Loss of feeling in hands or feet					
Breathing difficulties					
Hot Flashes					
Sweating at night					
Loss of interest in sex					
Vaginal changes					

Accessing the GCS Symptom Tracker

To make this process seamless, we've created a free, downloadable version of the GCS Symptom Tracker tailored for menopause coaches and your clients.

Download Your Free GCS Symptom Tracker Here and have a go for yourself to see how it works <https://adelejohnstoncoaching.com/free-copy-of-our-symptom-assessment>

Integrating the GCS Symptom Tracker into your coaching practice enhances your ability to offer personalised, data-driven menopause support, making it a cornerstone of effective coaching.

We teach exactly how to use this tool inside the Menopause Support Coaching Certification.

Section 6: Evidence-Based Coaching Tools

As a menopause coach, your role goes beyond addressing symptoms, it's about empowering your clients to navigate this transformative life stage with confidence and resilience.

A holistic, evidence-based approach is essential for effective coaching, it is the foundation of everything and vital for ensuring that every recommendation is grounded in science and tailored to the individual needs of your clients.

By combining practical tools with empathy and expertise, you can provide comprehensive support that addresses the physical, emotional, and mental challenges of menopause.

Below are proven, research-backed tools to integrate into your practice. These strategies not only help alleviate common menopause symptoms but also promote long-term health and well-being.

One: Nutritional Hormonal Health

Diet plays a critical role in managing menopause symptoms and maintaining overall health. Encourage your clients to adopt a nutrient-rich, hormone-supportive eating plan by incorporating the following:



- **Phytoestrogens:** Plant compounds found in foods like soy, flaxseeds, and lentils that mimic the effects of estrogen, potentially easing symptoms such as hot flushes and night sweats. Note: these phytoestrogens cannot and do not replace lost estrogen as a result of menopause, only hormone therapy can do that (HRT/MHT, Hormone Replacement Therapy/Menopause Hormone Therapy)
- **Calcium and Vitamin D:** Essential for preserving bone density and reducing the risk of osteoporosis. Include dairy products, fortified plant milks, leafy greens, and safe sunlight exposure or supplementation - especially if in a climate where it is not frequently sunny.
- **Anti-Inflammatory Foods:** Encourage the consumption of omega-3 fatty acids (found in fatty fish, chia seeds, and walnuts) and antioxidants (berries, green tea, and colorful vegetables) to support brain health and reduce joint pain.

These are just a few high-level guidance points to mention.

Two: Lifestyle and Movement Strengthening Body and Mind

Physical activity is a cornerstone of menopause care, offering benefits that extend beyond symptom relief.

Promote the following movement strategies to your clients:

- **Resistance Training:** Help clients build muscle mass, increase bone density, and support their metabolism. Resistance exercises like weightlifting, Pilates, or bodyweight exercises are particularly effective. Aim for 3 sessions per week.
- **Use my proven Menopause Coach 3-2-1 Method:**
 - 3 x Resistance training sessions per week to maintain strength and bone health
 - 2-3 x Protein-rich meals daily (30g of protein per meal) to support muscle repair and hormonal balance.
 - 1x Extra hour of sleep per night to enhance recovery and overall well-being.
- **Low-Impact Cardio:** Activities like walking-or as we call it here a The MSCC, Steps For Health, cycling, or swimming can reduce stress, improve heart health, and enhance mood.

Three: Stress Reduction Managing Stress and Enhancing Well-Being

Chronic stress can exacerbate menopause symptoms, making stress management a critical component of menopause self care.

This is where proven practices like breathwork play a vital role. Introduce clients to breathwork and start with sharing the 12-Minute Breathwork Method to help them relax, reset, and re-energise if you are not breathwork trained or qualified:

- **How It Works:** Guide clients through controlled breathing exercises that focus on inhaling deeply, holding the breath briefly, and exhaling slowly.
- **When to Practice:** Recommend incorporating breathwork into daily routines, particularly during moments of stress or before bed.
- **Benefits:** Reduces cortisol levels, improves emotional regulation, and supports better sleep.

Reframing the Menopause Journey

Menopause is often viewed as a challenging or negative stage of a woman's life, but mastering mindset can help clients see it as an opportunity for growth and empowerment.

Equip clients with tools to shift their perspective and build resilience:

- Positive Psychology Practices:
 - Teach clients how to identify and challenge unhelpful thoughts or beliefs about menopause by talking, sharing and learning the 'reframe technique'.
 - Focus on actionable strategies to improve mood, reduce anxiety, and enhance self-confidence.
- Gratitude Practices: Encourage journaling or daily reflections to foster positivity and a sense of control.
- Goal Setting: Help clients set achievable goals for their physical, mental, and emotional health, creating a sense of purpose and progress.

Why Evidence-Based Tools Matter

Integrating evidence-based tools into your coaching practice ensures that your clients receive effective, reliable, and personalised care. These strategies not only alleviate immediate symptoms but also lay the foundation for a healthier, more empowered future.

By combining knowledge with actionable guidance, you can help your clients embrace menopause as a transformative and positive life stage.

SECTION 7:

Building Your Menopause Coaching Business

Transforming your expertise into a thriving menopause coaching business requires a strategic, intentional approach.

Success lies not only in your knowledge of menopause but also in how effectively you position your services, connect with your ideal clients, and manage your programmes/services and operations.

Below is a comprehensive guide to building and scaling your menopause coaching business with clarity and focus.

Step 1: Define Your Niche

Defining your niche allows you to stand out in a competitive market by catering to a specific audience with unique needs. This clarity helps attract the right clients and positions you as an expert in your chosen area.

● Identify Your Target Audience:

Ask yourself: Who do you most want to help? Some niche examples include:

- Corporate Women: Addressing burnout, stress, and work-life balance during menopause
- Fitness Enthusiasts: Supporting women with performance and recovery strategies
- General Population: Offering holistic, evidence-based support for symptom management

● Understand Their Pain Points:

Dive deep into the struggles of your target audience. For example:

- Corporate women may struggle with confidence and energy at work
- Fitness enthusiasts may experience muscle loss or decreased endurance
- Women in general may feel overwhelmed by symptoms

Step 2: Create a Marketing Plan

A well-executed marketing plan is essential for building visibility, generating leads, and converting prospects into paying clients.

Focus on strategies that align with your strengths and resonate with your audience.

1. Leverage Social Media:

- Establish a presence on platforms where your audience spends time
- Share content that educates, inspires, and builds trust. For example:
LinkedIn for corporate women
 - Menopause symptom breakdowns
 - Client success stories
 - Actionable tips like stress management techniques or meal planning

2. Collaborate and Network:

- Collaborate with others in your ideal clients network such as personal trainers, dietitians, or HR leaders, to cross-promote services.
- Appear on podcasts or webinars to establish credibility and reach wider audiences.

Step 3: Streamline Your Business

Efficiency and structure are key to maintaining a scalable and sustainable business. Streamlining operations allows you to focus more on client support and less on administrative tasks.

1. Use Client Management Tools:

- Platforms like Trainerize, TrueCoach (others are available)
- Consider using scheduling tools like Acuity or Calendly to simplify booking

2. Create Structured Programs:

- Develop clear, outcome-driven coaching packages that showcase your expertise. For example:
 - 6-Week Program: Focused on symptom management
 - Menopause Group Coaching for women seeking peer support
 - 1:1 Personalised Coaching

3. Automate Processes
 - Use tools like Mailchimp, Active Campaign or ConvertKit for email campaigns and client onboarding.
 - Automate payment systems through platforms like Stripe or PayPal.
4. Track Progress and Outcomes:
 - Establish metrics to measure client success, such as symptom reduction, improved fitness levels, or enhanced confidence.
 - Use testimonials and data to refine programs and market the results you're getting with clients.

Step 4: Build Your Brand

A strong personal brand is essential for attracting clients and establishing authority. Focus on creating a brand that is authentic, relatable, and professional; and above all a brand that is you - nobody can ever be you so allow that to help you stand out.

● Visual Identity:

Invest in high-quality branding materials, such as a logo, website, and social media graphics, that reflect your professionalism and target audience.

Regularly produce high-value content that resonates with your niche. This could include:

- Blog posts or articles on menopause topics
- Live Q&A sessions or webinars
- Short-form videos explaining hormonal changes or simple symptom management tips

● Position Yourself as an Expert:

- Share client wins (with permission) to demonstrate your coaching impact
- Publish thought leadership content
- Speak at events or lead workshops to connect directly with potential clients

Step 5: Foster Relationships and Build Trust

Long-term success relies on building genuine connections with your clients and audience.

● Offer Exceptional Client Care:

- Be proactive in checking in with clients and tailoring your support to their needs
- Celebrate client progress and milestones to build confidence and loyalty

● Create a Community:

- Foster a sense of belonging through group coaching programs or private online communities
- Host events to engage your audience and build trust.

● Encourage Referrals:

- Happy clients are your best ambassadors. Offer referral incentives, such as discounts or bonus sessions, to encourage word-of-mouth growth

Building a menopause coaching business is both a rewarding and impactful purpose.

By defining your niche, creating a strategic marketing plan, and streamlining operations, you can establish yourself as a trusted expert in this field.

Remember, your ability to connect with your audience, provide evidence-based solutions, and consistently deliver value will be the foundation of your success.

SECTION 8: Next Steps: Your Path to Certification

If you're ready to elevate your career, amplify your impact, and position yourself as a trusted authority in menopause coaching, the Menopause Support Coaching Certification (MSCC) is your next step.

Designed to provide you with the skills, knowledge, and confidence to transform lives, this certification is the ultimate investment in your professional growth and your clients' success.

Not only will you learn how to become a menopause coach, you will have the opportunity to advance your business.

You've already had so many 'golden nuggets' shared with you inside this guide and if you implement them you will have success - but implementing them with the expert care and guidance of the MSCC and supporting business mentorship program - The Success Circle - you will transform your offerings and business

Why Choose the MSCC?

The MSCC isn't just another certification, it's a transformative program that equips you with everything you need to become a sought-after menopause coach. Here's what sets it apart:



1. Comprehensive Curriculum

- Dive deep into every aspect of menopause coaching, from understanding hormonal changes to evidence-based strategies for symptom management, nutrition, lifestyle, HRT and holistic coaching
- Learn to navigate complex client cases with confidence, using tools like the Greene Climacteric Scale and other cutting-edge resources, including 'how to support clients with their GP appointments and beyond'

2. Exclusive Learning Portal

- Access an interactive learning portal with step-by-step modules, video lessons, downloadable resources, and live mentorship and support
- Work at your own pace while staying on track with guided milestones and weekly live support

3. Unparalleled Support

- Receive 15 months of ongoing support:
 - 3 Months of immersive learning and mentorship
 - 12 Months of the Education Lab support to answer questions, refine your coaching, and provide ongoing client care ensuring you're never alone in your journey.

4. Global Networking Opportunities

Join a community of like-minded coaches from around the world.

Share insights, celebrate wins, and collaborate with professionals who are equally passionate about menopause care. Build a professional network that opens doors to referrals, partnerships, and new opportunities.
Credibility and Impact

As a certified menopause coach, you'll stand out as a leader in your field, ready to deliver evidence-based solutions that change lives.

Your certification demonstrates your commitment to excellence, helping you attract more clients and grow your business.

What's Included?

When you enroll in the MSCC, you're not just signing up for a course, you're gaining access to a complete toolkit for success:

- All materials and resources included in one upfront investment, no hidden costs
- Real-world applications and case studies to build your confidence as you learn
- Lifetime access to course materials for future reference

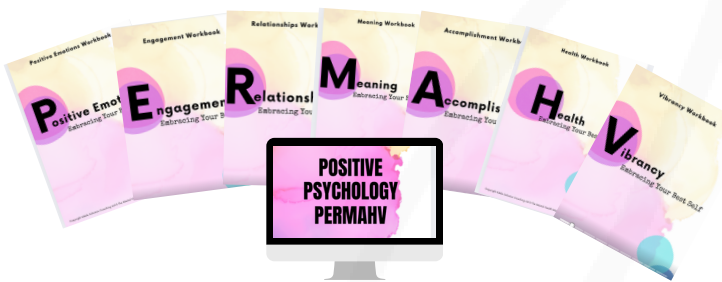


MODULE 1 ENDOCRINE SYSTEM	MODULE 2 AN INTRODUCTION TO MENOPAUSE	MODULE 3 The CORE	MODULE 4 The INTEGRATION
LESSONS 1-3 Endocrine overview Female Sex Hormones Understanding Hormone Levels	LESSONS 4-6 Menopause Defined & Diagnosis Understanding Phases of the Menopause Symptoms and Life Impacts	LESSONS 7-10 Optimal Nutrition and Dietary Foundations Energising Lifestyle HRT & Alternative Therapies	LESSONS 11-12 Embedding Menopause support into your coaching style Enhancing your client journey and supporting through GP appointments



BONUS 1 SAVE £597

Positive Psychology - 7 module self paced course

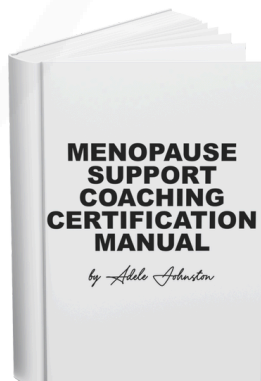


BONUS 2 SAVE £480

1 year access into the Menopause Coach Education Lab (after graduation)



BONUS 3



200+ pages of menopause knowledge, guidance and curriculum to support your learning

SAVE £49.99

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How to Enroll

Taking the next step toward certification is simple:

1. **Visit Our Website:** Head to <https://www.menopausecoachingacademy.com/certified-menopause-coach> for detailed information about the program, testimonials from graduates, and insights into the curriculum.
2. **Join the Next Cohort:** Secure your spot in the next cohort today - spaces are limited to ensure personalised support.
3. **Transform Lives:** Start your journey to becoming a certified menopause coach and make a lasting impact on your clients' lives and your career.

Don't Wait—The Time to Invest in Your Future is Now

Menopause coaching is one of the fastest-growing areas in health and wellness.

The demand for qualified professionals who can provide compassionate, evidence-based support has never been higher. With the MSCC, you'll have the knowledge, tools, and credibility to stand out in this emerging field.

Make this the year you take your career to the next level.

Enroll today and become part of a movement that is changing lives worldwide.

Scan Here to Learn More



Ref: Brood Magazine

"The learning was just amazing. The knowledge and the lessons that we got given that was really impeccable and make me feel really empowered."



-Emma Neville



Join the Movement

The world needs more compassionate, knowledgeable, and empowered menopause coaches - leaders who can guide women through one of the most transformative stages of their lives. You have the power to be that guide. By becoming a certified menopause coach, you're not just starting a career; you're joining a global movement that's changing lives, breaking taboos, and reshaping the narrative around menopause.

Why Now Is the Time to Take Action

The Demand is Real

Millions of women are searching for support, clarity, and solutions to help them.

As a certified menopause coach, you'll be uniquely positioned to meet this growing demand.

Be Part of the Change

The conversation around menopause is evolving, but there's still so much work to do. Your voice, expertise, and passion can make a real difference in this space.

Transform Lives

Empower women to reclaim their confidence, health, and vitality during menopause and beyond.

What's Next?

Take the next step in your journey and join the Menopause Support Coaching Certification (MSCC):

- Gain the skills, credibility, and support you need to succeed.
- Build a business that reflects your passion for helping women thrive.
- Be part of a community that's leading the way in menopause care and education.

Your Call to Action

1. Enroll in the MSCC Today

Don't wait to start your journey. Click [here](#) to enroll and secure your spot in the next cohort.

2. Follow Adele The Menopause Coach & Educator

Stay connected with the movement, access free resources, and be inspired daily by following us on social media:

- Instagram: @the.menopausecoach
- Facebook: Adele Johnston
- LinkedIn: Adele Johnston
- Podcast: The Menopause Coach

3. Make a Difference

Every journey starts with a single step. Take yours today and become part of the movement that's empowering women around the world.

The Time is Now

This is more than a certification, it's your opportunity to build a legacy.

Join us in changing the way menopause is understood and supported. Together, we can transform lives, one client at a time.

Take the leap. Become a certified menopause coach.

Join the Movement Today



**MENOPAUSE SUPPORT
COACHING CERTIFICATION**

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"I cannot recommend this course enough. Adele's approach and vibe is just so wonderful, nurturing, supportive and you really felt supported. The course is extremely manageable.

The downloads and handouts are excellent, it's an excellent course"

EMILY

"I think the course is exceptional for both coaches and ladies to be informed of"

SIAN

"This has been the best journey, i have felt so supported. As someone with dyslexia i find learning can be a struggle, but Adele has been so supportive that whatever your learning style, it's covered. I never once felt overwhelmed.

It's been amazing, so phenomenal. If you've been thinking about just go and do it.

VANESSA

"So manageable to fit into the week easily"

NADINE

"I've really enjoyed my time and the course has been really informative. The weekly calls...the support was great and I'd recommend the course to anybody wanting to learn more about the menopause to work with women in that space. Thank you very much, i've loved it"

ANNA

"your course changed my life... thank you for bringing light into my darkness"

MARIA

"The course is structured very well. All topics are covered and not ever feeling overwhelmed by it. You feel you have learned so much by the end of the course. Adele will share all her information with you. I feel very empowered and confident. I definitely recommend this course.

NATALIE

"I'm growing more in confidence each week to better support my clients and i can not fault Adele's style of teaching and communicating.

There is just the right amount of information so the course is not overwhelming. It is in fact probably the most enjoyable and relaxed courses i've ever done"



MENOPAUSE COACH STARTER KIT



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