THE MENOPAUSE RESET

PERSONALISED PLAN

YOUR HOST: PENNY COOPER

WELCOME

Hi There

Welcome to our final session, where we bring everything together.

In this session, you'll create a personalised action plan to navigate this season of life. Throughout our time together, we've explored key areas such as sleep, movement, nutrition, stress management, connection, workplace dynamics, medical support, and ancient pathways you may want to explore.

Our final session will be highly interactive, with time for reflection, breakout discussions, and setting clear, actionable goals.

I'm excited to guide you through this journey and continue learning alongside you.

Let's get started!

Penny xx

ABOUT PENNY

Penny is the Co Founder of Creative Leadership with her Husband of 20 years Adam. Creative Leadership in New Zealand offers executive coaching and leadership development, focusing on fostering creativity, resilience, and team collaboration. They use experiential learning, outdoor immersion, and systems thinking to help clients in diverse sectors overcome challenges and grow as leaders.

COACHING READINESS

I'm repeating these here again as they are the gold that will make the difference between you making a shift in this area of your life. I encourage you to read them again afresh.

By choosing to invest some time in thinking about your own personal journey you have already taken the hardest step. I just want to acknowledge that first up. Well done for choosing you.

My experience coaching in this area has shown me there are five key things you bring to give yourself the best chance of success in our Menopause Coaching Program

1. Prioritise Yourself

To truly succeed, we need to put health and wellness at the forefront of our priorities. This means making intentional choices that align with your goals, even when faced with temptations like family needing you, a deadline looming at work or late-night plans. Remember, prioritising yourself isn't selfish; it's necessary for your growth and wellbeing. By putting your needs first, you set the stage for a healthier, more fulfilled version of you.

2. Let Go of Unhelpful Habits

There will be things we used to do that are no longer helping us in this season. Recognise the habits holding you back and be willing to let them go. This could include late-night scrolling, skipping workouts, or not preparing meals in advance. Acknowledging these behaviours is the first step toward change. Embrace the mindset that encourages you to replace these habits with positive routines. It's about making conscious decisions that serve your goals and help you move forward.

3. Embrace New Strategies

Come into this program with an open heart and mind. Be ready to explore new strategies and approaches to your wellness journey. It's common to feel resistant to change, especially if you have doubts about what's possible for you. Challenge those beliefs and allow yourself to step out of your comfort zone. Growth often occurs when we try something new and unfamiliar. Remember, you have the support of our community to help you navigate this process. My mantra is "if I want something I've never had then I need to do things I've never done".

4. Shift Your Mindset

Transform the inner dialogue that tells you you can't succeed or that now isn't the right time. Understand that perfection isn't the goal; progress is. You will never find the perfect moment to start, and striving for perfection leads to frustration and disappointment. Embrace the idea that every small step is significant, and each attempt, regardless of the outcome, brings you closer to your goals. Your worth is not determined by your past successes or failures, but by your commitment to yourself.

5. Commit to Action

If sitting around talking about things worked, our world would be a different place. Coaching is about action. About you recognising a step to take and taking that step- no matter how big or small it is. We want you to stay connected with us so you can stay focused on your goals, even on days when motivation wanes. Each action you take builds momentum toward lasting change. In our supportive community, you'll find encouragement and accountability to help you stay committed.

SLEEP

KEY FACTS:

- Hormonal fluctuations during perimenopause (e.g., progesterone and estrogen) can lead to sleep disturbances.
- Reduced sleep quality impacts mood, cognitive function, and overall energy levels whilst increasing cravings which negatively impact on nutrition.
- Sleep apnea and insomnia are more common in perimenopausal women.
- Good sleep hygiene (consistent bedtime, reducing screen time) helps improve sleep quality.

What's are some small changes you could make to improve your sleep habits
Consider- exercise, regular routine, bed earlier, ear plugs, reduce screentime, cooling environment, herbal supplements (magnesium etc) (Consider both Plan A and Plan B (what you will do when things don't go to plan)

IN BREAKOUT ROOM

Share your experiences with sleep and any strategies that have worked for you.

THIS WEEK

What is one action you can commit to this week to improve your sleep?

MOVEMENT

KEY FACTS:

- **Regular exercise helps regulate hormones, reduce hot flashes, and improve mood.**
- **Weight-bearing exercises are key to maintaining bone density and reducing osteoporosis risk.**
- **Movement boosts endorphins, alleviating perimenopausal mood swings.**
- **Moderate cardio improves heart health, which is vital as cardiovascular risks increase during this stage.**
- **Be aware of your menstrual cycle and shift how you exercise in relation to that.**

What types of movement could you incorporate into your routine that feels manageable?
Consider different plans like high energy days- hill walks, HIIT workouts compared to low energy - walking, mobility flows. Exercise classes you attend and workouts you do from home via YouTube. Having plan A is awesome, but Plan B and C are the ones that probably make the most difference as life rarely goes to plan.

IN BREAKOUT ROOM

Share how exercise has impacted your perimenopause journey and your plans moving forward.

THIS WEEK

What is one action you can commit to this week to improve your movement?

NUTRITION

KEY FACTS:

- **A balanced diet with phytoestrogens (e.g., soy, flaxseed) can help regulate hormone levels.**
- **Omega-3 fatty acids (found in fish, nuts), reduced gluten and dairy help reduce inflammation and improve brain health.**
- **Increasing Protein and reducing Carbohydrates is essential to counteract muscle loss and weight gain during perimenopause.**
- **Processed foods and sugar can exacerbate symptoms like fatigue, bloating, and mood swings.**

What's one nutritional change you can make to support your hormonal health? Consider things like starting with breakfast, food to add to grocery list, food prep, learning more about gluten/dairy reduction, how to aim for 30g protein per meal. (Consider both Plan A and Plan B (what you will do when things don't go to plan)

IN BREAKOUT ROOM

Discuss what foods help you feel your best and what you plan to modify in your diet.

THIS WEEK

What is one action you can commit to this week to improve your nutrition?

STRESS MANAGEMENT

KEY FACTS:

- **Chronic stress increases cortisol, which can worsen perimenopausal symptoms like weight gain and sleep disturbances.**
- **Mindfulness and relaxation techniques, like meditation, can reduce stress and improve emotional regulation.**
- **Breathing exercises help calm the nervous system and can reduce hot flashes.**
- **Regular stress management lowers the risk of anxiety and depression during perimenopause.**

What stress relief technique could you implement more consistently? Consider things like breathing, meditation, early morning routine, yoga. hobbies that bring you joy/destress you. (Consider both Plan A and Plan B (what you will do when things don't go to plan- what is a trigger for you and what will you do when that happens)

IN BREAKOUT ROOM

Share the techniques you use to manage stress and what you want to explore further.

THIS WEEK

What is one action you can commit to this week to improve your stress levels?

CONNECTION AND RELATIONSHIPS

KEY FACTS

- **Strong social support is linked to fewer perimenopausal symptoms and improved mental health.**
- **Isolation during this time can increase anxiety and depression, so fostering connections is critical.**
- **Open communication with partners, family, and friends helps ease emotional burdens.**
- **Connecting with others going through perimenopause can provide shared understanding and solidarity.**

What can you do to strengthen your connections or build support? Consider who you can be more open with, groups online you can join, social media. (Consider both Plan A and Plan B (what you will do when things don't go to plan- what are the signs you are getting isolated and what will you do when that happens)

IN BREAKOUT ROOM

Discuss ways to improve your social connections and the value they bring during this time.

THIS WEEK

What is one action you can commit to this week to build your connections and relationships?

WORKPLACE SUPPORT

KEY FACTS

- **Many women experience cognitive changes (e.g., memory lapses, "brain fog") during perimenopause, which can affect work performance as can lack of sleep. Issues like heavy periods requiring regular toilet breaks can also cause concern.**
- **Open conversations with employers about perimenopause can lead to accommodations like flexible working hours.**
- **Workplace stress can intensify symptoms, making workplace support even more critical.**
- **Make sure your environment works for you- fans, quiet spaces to reduce distraction, meeting times, ice cold water, healthy snacks.**

What workplace adjustments or support would help you feel more at ease? (Consider both Plan A and Plan B (what you will do when things don't go to plan- what is likely to trip you up?)

IN BREAKOUT ROOM

Share workplace experiences and discuss how to best advocate for support.

THIS WEEK

What is one action you can commit to this week to improve your workplace experience?

MEDICAL SUPPORT

KEY FACTS

- **Hormone Replacement Therapy (HRT) can alleviate many perimenopausal symptoms, but it's essential to understand the risks and benefits.**
- **Non-hormonal treatments can also be effective for other complaints.**
- **Regular check-ups with a healthcare provider are vital for monitoring cardiovascular, bone, and breast health during perimenopause.**
- **A tailored medical plan based on personal symptoms and risk factors can significantly improve quality of life.**
- **Ask receptionist at your clinic which GP is most interested in Menopause - it's ok to see a different GP for it. Book a double session, use our templates to get prepared, Consider a private menopause practitioner appt - eg Bloom Menopause Care with Michelle- they can prescribe medications etc.**

What is your next step in seeking medical support for your symptoms?

IN BREAKOUT ROOM

Share experiences with medical professionals and discuss treatment options.

THIS WEEK

If you are interested in medical support, what is the next step for you this week towards this?

ANCIENT PATHWAYS

KEY FACTS

- **Yoga has been shown to reduce hot flashes and improve both sleep quality and flexibility in perimenopausal women.**
- **Meditation practices can lower cortisol levels, improving mood and reducing stress.**
- **Acupuncture may help alleviate symptoms like hot flashes and night sweats.**
- **Ayurvedic practices focus on balancing hormones and addressing symptoms through holistic methods (e.g., herbal support-can make a difference).**
- **I am an avid fan of the healing properties of Ceremonial Cacao and my morning routine is centered about Cacao, medication, movement and journalling.**

What is your next step in exploring other pathways to support your symptoms?

IN BREAKOUT ROOM

Share experiences you have had with regard to other pathways and what you are curious to explore.

THIS WEEK

If you are interested in exploring other pathways, what is the next step for you this week towards this?

MAKE YOUR PLAN STICK

The Power of Small Steps

Breaking goals into small, manageable steps increases the likelihood of success. This is because large goals can feel overwhelming, leading to procrastination or burnout, while small wins release dopamine, reinforcing positive behaviour.

Prompt: What's one small action you can take today that moves you closer to your perimenopause health goal?

The Habit Loop: Cue, Routine, Reward

Habits are formed in a cycle known as the habit loop, which includes:

- Cue: The trigger that initiates the habit, "What will remind me to take action?"
- Routine: The behaviour itself. "What will I do when its triggered?"
- Reward: The benefit or satisfaction you get from the behaviour. "What positive reinforcement will I get from doing it?

Prompt: Identify a cue, routine, and reward for one habit you want to build around your perimenopause action plan. Choose a reward that takes you closer towards your goals- it doesn't always have to be food, alcohol related! Buy a magazine, fresh flowers, wander around favourite shop etc.

The 21/66-Day Rule: Time to Build a Habit

Studies suggest it can take anywhere from 21 to 66 days to solidify a new habit, depending on its complexity. Persistence and consistency are key. The more you practice, the easier it becomes.

Prompt: Commit to one habit for the next 21 days. Write down how you'll track your progress- make a sticker chart, download app etc.

The Importance of Accountability

According to research, people who share their goals with an accountability partner are 65% more likely to succeed. Adding a regular check-in increases the chance to 95%.

Prompt: Who can you check in with for support and encouragement as you work on your perimenopause health goals? How often will you check in? (PS the Meno WhatsApp group is here for you to use, I will still monitor it).