THE MENOPAUSE RESET

WORK BOOK

Welcome to The Menopause Reset.

We are so excited you made the commitment to join us

This workbook will guide you through Session 1 and 2.

YOUR HOST: PENNY COOPER WITH DR MICHELLE CLIFFE

WELCOME

Hi There

Welcome to Menopause Reset Coaching Group!

I'm thrilled to have you with us. Whether you're here to better understand the changes happening in your body or to learn how to manage them effectively in your personal and professional life, you're in the right place.

I understand first hand the challenges this Menopause journey can bring. Through our time, we'll explore practical strategies and mindset shifts. My goal is to empower you with the knowledge and tools to support you and your journey.

Before we dive into the content on October 4th I hope you've opened your Welcome Pack, done your "pre-thinking", and joined the WhatsApp group. This booklet is a place for you to jot your thoughts down as we go during Session 1 and 2. You will then use these reflections and learnings to build your personalised plan in Session 3.

I look forward to guiding you through this journey and 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.

01 SESSION ONE

This first session will be us settling in, getting set up with our materials and understanding the plan for the next three sessions. We will dive into the psychology of change and orientate ourselves to some of the more common Menopause information gaps. We will have plenty of time for you to reflect in your own time and have small group conversations with other women.

02 SESSION TWO

Here we take the information from Session One and consider your knowledge gaps. We then have 90 mins with Dr Michelle Cliffe who will answer your questions- this time will be invaluable to us all.

03 SESSION THREE

This is where the magic will happen. Using our experiences, insights and learnings from the first two sessions, here we will weave it together into a personal plan for you to action. We will stay connected via the WhatsApp group so we can continue to encourage each other as we implement the actions we identified.

Menopause marks the start of your most powerful years. It's a time when your body and mind come into full alignment, and you can take control of your future health and well-being.

DR. LIBBY WEAVER, NEW ZEALAND NUTRITIONAL BIOCHEMIST AND AUTHOR

COACHING READINESS

In the journey of menopause we ready ourselves to embrace a wiser, more radiant version of ourselves.

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 that we used to do that are no longer helping us in this . Recognise the habits that are 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 often is "if I want something I have 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 you take is significant, and that 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.

SESSION ONE

01

Breakout 1- what stood out for you as you did your pre thinking? If you didn't get to it-why? What distracted you from it?

02

As we move forward, what's one thing you are ready to let go of, and what is something you are ready to embrace?

Menopause is not something to 'get through.' It's a transition, a time to take charge and reset your focus on health, well-being, and fulfillment.

OPRAH WINFREY, AMERICAN MEDIA MOGUL

03

Where are you at on the change curve with your experience of Menopause? If you were to rate your resistance on a scale where would it be? No resistance (love it!) 1 -----> 5 Resistance (denial is resistance)

04

Think about a major change in your life- personal or professional. How did you respond to that? Did you resist or embrace it? How did your mindset influence the outcome?

We need to change how we view menopause — it's not something to be ashamed of, but a natural part of life that can lead to personal growth, health, and wisdom.

NIKKI BEZZANT- AUTHOR OF "THIS CHANGES EVERYTHING

SESSION ONE

03 Think about a major change in your life- personal or professional. How did you respond to that? Did you resist or embrace it? How did your mindset influence the outcome?

04 What stood out for me as I look at the hormone graphs and statistics on Menopause experiences?

05 If you could walk away from this group with one major insight or change, what would it be?

Menopause is a time for women to take a step back and ask, 'What do I need?' It's not the end; it's a powerful new beginning where your health is your greatest ally.

EMMA THOMPSON ACTRESS AND WOMENS HEALTH ADVOCATE

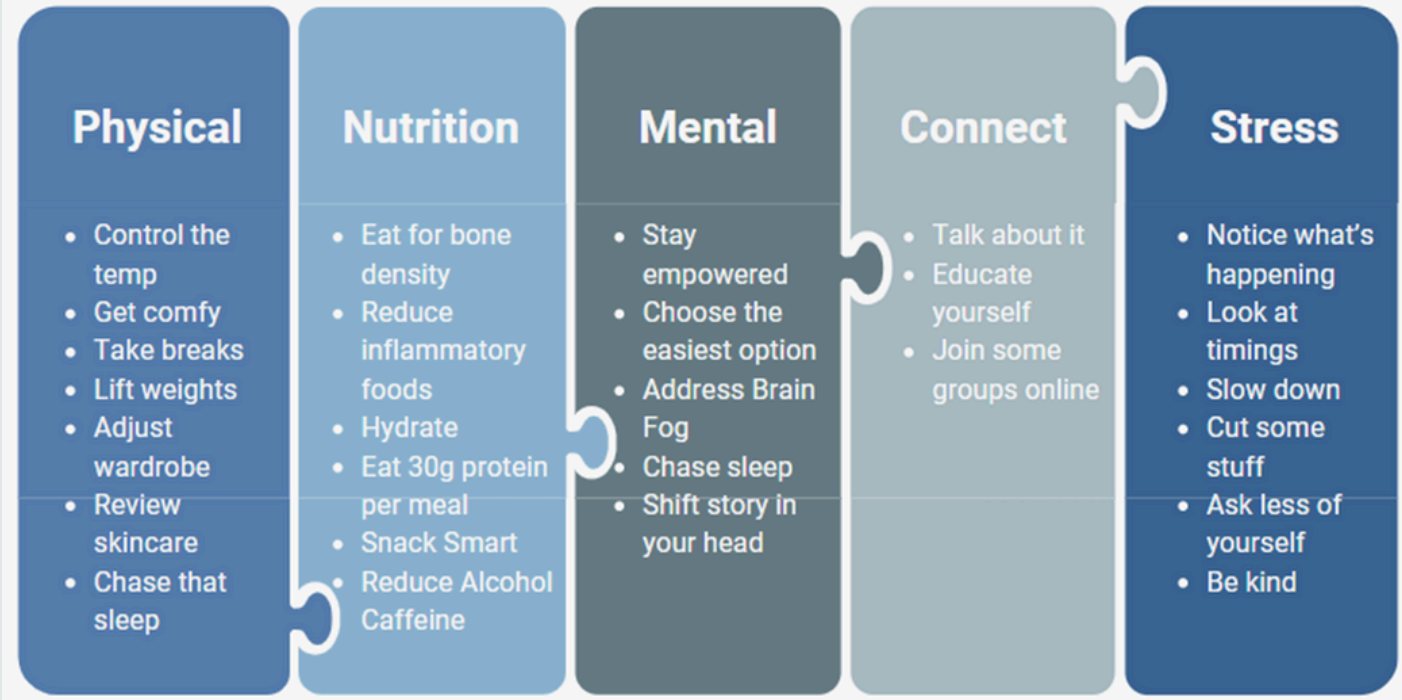
Menopause Symptom Tracker Form

SYMPTOM	ENTER DATES WHERE IN CYCLE	WHAT DID IT FEEL LIKE	1/5 RATING

Being aware of your symptoms and tracking them can be transformational. It provides clarity and empowers women to communicate effectively with their healthcare providers

DR MARIE CLAIRE MENOPAUSE SPECIALIST AND AUTHOR OF MULTIPLE BEST SELLERS ON MENOPAUSE

Areas I am interested in exploring



THINK ABOUT HOW THESE ALSO APPLY TO FIVE PILLARS OF HEALTH:PHYSICAL, MENTAL, EMOTIONAL, SOCIAL, SPIRITUAL

Menopause isn't just a medical issue—it requires a multidisciplinary approach that encompasses mental, physical, and emotional health. It's time we looked at it holistically to support women fully.

NIKKI BEZZANT, AUTHOR OF THIS CHANGES EVERYTHING: THE HONEST GUIDE TO MENOPAUSE AND PERIMENOPAUSE

Areas I am interested in exploring

Area	I could explore.....	Next step
HRT		
Non Hormonal Support		
Herbal		
Mindfulness		
Breathwork		
Mental Health		
Physical		
Nutritional		
Workplace		
Relationships		
Where else?		

Menopause is an incredibly complex time for women, and it needs to be treated with a holistic, multidisciplinary approach that looks at everything from nutrition and exercise to emotional wellbeing and stress.

DR LIBBY WEAVER, NUTRITIONAL BIOCHEMIST AND AUTHOR

My plan for this week

As a result of this session I am realising...

I am curious to ask Michelle about...

One small step I can commit to this week is... now post it in WhatsApp Group so we know you are all in there!

Every women's menopause journey is different, but it's always a journey towards more knowledge, more self compassion and more growth

HELEN CLARK - FORMER PRIME MINISTER OF NZ

MY QUESTIONS FOR MICHELLE

Menopause is not something to 'get through.' It's a transition, a time to take charge and reset your focus on health, well-being, and fulfillment.

OPRAH WINFREY, AMERICAN MEDIA MOGUL