



Nicola Green
CONSULTANCY

**Making the uncomfortable,
comfortable**

**Sow the seeds for positive
change in your workplace**

Allow Nicola Green Consultancy to sow seeds for positive change in your workplace and see the difference it can make to your employees and your bottom line.

What are the Benefits?

- Reduced attrition
- Lower sickness absence
- Increased loyalty, engagement, and productivity
- Improved culture
- Increased employer profile
- Exemplary managers
- Reduced workplace conflict & presenteeism
- Because it is the right thing to do

Services and Support

Informative and Supportive Menopause Presentation (the 'door opener')

An open and honest account of Nicola's own premature menopause, which will be relatable to many; together with symptoms and practical tips to help manage them, workplace supportive measures and Nicola's top tips.

Real Life & Menopause Presentation (the 'follow on')

Designed for those personally experiencing various stages of menopause; to give a greater insight into areas of personal impact and how we can support ourselves with the same.

Managers Menopause Awareness Session

Provides knowledge, understanding and practical guidance to support and manage individuals whose working life is, directly or indirectly, impacted by menopause. It also creates more approachable managers who can confidently signpost with the understanding they are not expected to be an expert.

Menopause Champion Training

An ongoing supportive role to those, directly or indirectly, experiencing menopause. The training provides the opportunity to deep dive into this topic and creates essential workplace support.



Inspire and Ignite Programme

The programme provides an extremely powerful listening space with thought provoking questions, alternative therapies, self-care, and the design and accountability of an 8-week personal positive plan.

8-Week Personal Positive Plan

Initially designed to form part of the Inspire and Ignite Programme but has developed into a standalone offering for anyone! This session brings focus, balance, positivity, and accountability.

1:1 Support

A safe, comfortable, and non-judgemental listening space with reflection, practical guidance, and support.

Workplace Wellbeing Days

An opportunity to get the whole workforce together with bespoke presentations and workshops covering various topics tailored to your needs. Your day will provide education, support, empowerment, fun and will be talked about for days, weeks and months to follow.

Informative and Supportive Grief and Loss Presentation

An opportunity to re-think our approaches to death, dying and loss of any kind and its impact within the workplace. Through shared lived experience, dispelling myths, and an understanding of how grief impacts us emotionally, this information will aid the implementation of workplace supportive measures.

Managers Grief and Loss Presentation

No one will ever forget the first conversation they have with a manager when they advise of their grief, whether it be positive or negative. Managers will learn the importance of why grief and loss need to be understood and supported and how they can do so.

Social Conditioning, Judgement and Self-Awareness Workshop

An interactive workshop for employees who want to lead positive change and are willing to consider changes to their own self-awareness. An opportunity to consider how social conditioning and judgement can impact responses and decision making in the workplace.



Nicola Green is a Global workplace speaker with a passion to change lives by providing 'real life' support and education for life's challenges; whilst empowering all with knowledge and information for greater awareness and understanding around topics like menopause, grief & loss and more.

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I cannot recommend Nicola enough and I would encourage all businesses to invest in this very important subject. ”

Paula Eckton

Partner, Steele
Raymond LLP

“

Since our first meeting, a few short weeks ago, Nicola's impact on how I now look at my life, is nothing short of profound. ”



For further details and additional services, please get in contact

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