

World Menopause Day 2024 **Real Life and the Menopause with Nicola Green Consultancy**

On: **Friday 18 October 2024** At: **1pm-2pm**

Platform: **Online via Teams**

Nicola Green is a global workplace speaker with a passion to change lives by providing 'real life' menopause support and education. She brings 20+ years of corporate life and amalgamates that with 5+ years of human connection to create the most effective workplace support. Since her premature menopause diagnosis in her 30's, Nicola has been on a personal mission to learn how to support herself in the most effective ways to live a fulfilled life and she wants to share her insight with you!

The session has been designed for individuals who are experiencing varying stages of menopause and would like to be part of a safe, comfortable, and non-judgemental space. We will dive into a conversation around the HRT journey (not medical advice) and Nicola will provide guidance on how increasing your self-awareness of what YOU need can have such a positive impact on your life at this stage.

Ask yourself...

- Where are you in the pecking order of your life?
- What gives you calm headspace?
- How are you managing the constant life juggle?

Join us and let Nicola support YOU. You'll be amazed at how empowered you will feel following this session. We look forward to seeing you there!



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