



Engage, Educate, Empower

Hormone Health Workshops

Quick Numbers

63%

Of adults experience stress weekly

80%

Of women suffer from hormone imbalances

59%

Are negatively impacted at work due to symptoms

Did you know?

Women who suffer hormone conditions and/or menopause cost the corporate industry millions.

Menopausal symptoms can last from 4-12 years.

It is common for women to go through 2-3 doctors before they find someone who listens to them.

It is common for women to lose or quit their job due to depression and feeling unmotivated when going through these symptoms.

Women going through menopause in the workplace is the fastest growing demographic in the workforce.

As certified hormone health coaches we're here to bridge the gap. We're here to actively engage, thoroughly educate and heartily empower your team on hormone health through this Four Part Workshop Series.

Workshop Series at a glance

Ideally completing one workshop weekly or fortnightly.

Part 1: Hormone Imbalances & Conditions

Part 2: Stress Management

Part 3: Nutrition

Part 4: Exercise & Lifestyle



Hormone Health Workshops

In these workshops we explore and discuss each topics direct connection (Stress, Nutrition, Exercise & Lifestyle) to your hormones and how they could be benefiting or negatively impacting your hormone balance.

We explore common Hormone Imbalances and Conditions AND their possible causes and associated symptoms. We discuss how and why these come about. We discuss where to find more information and which professional you should go to investigate further.

We explore what effects stress has on your hormones. We look at the different ways stress can present itself. We discuss ways we can minimise stress.

We look at the role of nutrition on our hormones and ways we can optimise nutrition to benefit our bodies.

We look at the role of exercise, social interactions, community, heat therapy and more on our hormones and how we can incorporate these things into our daily lifestyle.

By optimising each area we can begin eliminating or minimising symptoms.

Common hormone imbalances and conditions include Peri Menopause, Menopause, Hashimotos, PCOS, Endometriosis, Fertility Issues, Estrogen Dominance plus more.

“For the things we have to learn before we can do them, we learn by doing them” - Aristotle

And then, we practice what we learn.

Engage

We captivate your team with dynamic and interactive activities designed to inspire and connect. Our workshops feature engaging quizzes, lively buzz groups, stimulating open discussions, various pilates and breath work, keeping everyone involved. We strive to strengthen social bonds by forming new friendships and cultivating a strong sense of community through shared experiences and aligned interests. We aim to bring awareness, self reflection and knowledge into the workshops

Educate

We inform your team through well researched topics and case studies.

Empower

Through knowledge, community, shared experiences and awareness we equip your team to take control of their hormones. We create understanding and compassion around the most common hormone health conditions and imbalances as well as the difficulties and distresses that surround them.

Finer Details, Ts&Cs & FAQs

Finer Details

- £18 p/person for in person workshops
- Minimum 10 persons
- Maximum 30 persons
- £110 p/workshop for Online/Zoom

- Maximum 100 persons

Optional Add Ons

Pilates Class (*Usually £90 now £60*)

- 45 minute Full Body Pilates Class
- Can be Standing, Seated or Mat Based (depends on space available)

FAQs

Any questions please send through and I can create a FAQs list.

“This will be the best investment you make towards the health of your community or team”

Reach Out

For questions, comments, or suggestions, email me at caseyjay@hotmail.com
