



# Menopause Quality of Life

Corporate Workshops

Presented By

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[normalizemenopausehealth.com](https://www.normalizemenopausehealth.com)





Lifestyle Interventions



**Flexible access that  
fits your schedule**

We facilitate the workshop at your company site. Convenient access for employees to join.



**A simple way to start  
your journey**

Employees learn sustainable solutions to improve quality of life.

## Welcome Message

Welcome to our Corporate Menopause Workshop, part of our commitment to inclusive and supportive workplace wellness. This program equips employees with knowledge, practical tools, and peer connection to better manage menopause-related changes, supporting sustained performance, well-being, and engagement across the organization.

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## About the Program

This Corporate Menopause Workshop supports employees navigating perimenopause and menopause with practical, evidence-informed education and workplace-relevant strategies. The workshop provides tools to manage symptoms, reduce stress, and support overall well-being, while fostering an inclusive environment that encourages understanding and reduces stigma. Participants leave feeling informed, supported, and better equipped to maintain confidence, energy, and engagement at work.



**Useful**

**Practical**

**Proven**

## Why Choose This Program



**For All Women**

Menopause-related symptoms affect focus, energy, and attendance for a significant portion of the workforce. This program provides a cost-effective, evidence-informed solution that supports employee well-being while protecting productivity and performance.

By reducing stigma and equipping employees with practical management strategies, organizations can improve engagement, reduce absenteeism and presenteeism, and strengthen retention of experienced talent. The program aligns with corporate wellness, DEI, and workforce sustainability initiatives, demonstrating a measurable commitment to midlife health and inclusion.



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## What will Employees Learn

- How perimenopause and menopause can affect physical, cognitive, and emotional well-being
- Common menopause-related symptoms and why they vary between individuals
- Practical strategies to manage fatigue, sleep disruption, stress, and focus at work
- How lifestyle factors such as nutrition, movement, and daily habits support hormonal health
- Tools for emotional regulation, resilience, and confidence during change
- How to identify personal triggers and supports related to symptoms
- Strategies for self-advocacy in the workplace and healthcare settings
- How to set realistic, sustainable goals that support well-being and performance

Useful skills for personal  
and professional goals

Step-by-step  
guidance to help  
employees grow

Practical knowledge  
that employees can  
use in real life



## Course Features



### Clear and easy-to-use materials

Workshop workbooks with nutrition guides, planning tools, journal prompts.

Personalized assessments.



### Interactive lessons with examples

Interactive exercises and guided activities.

Evidence-informed education paired with coaching and reflection.



### Supportive guidance for learners

Ongoing peer support during and after workshop.

One on One coaching after workshop.

Personalized goal setting with ongoing support.



### Affordable, Flexible access

Workshop cost is \$166 per employee.

Access to additional resources after workshop. \$5000 value (Free).

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## Benefits for Learners



- Improved understanding and management of menopause-related symptoms
- Increased energy, focus, and confidence at work
- Reduced stress and overwhelm through practical, actionable strategies
- Enhanced emotional well-being and resilience
- Greater confidence in advocating for personal health needs
- Access to a supportive, stigma-reducing learning environment
- Tools that support sustained performance and long-term well-being



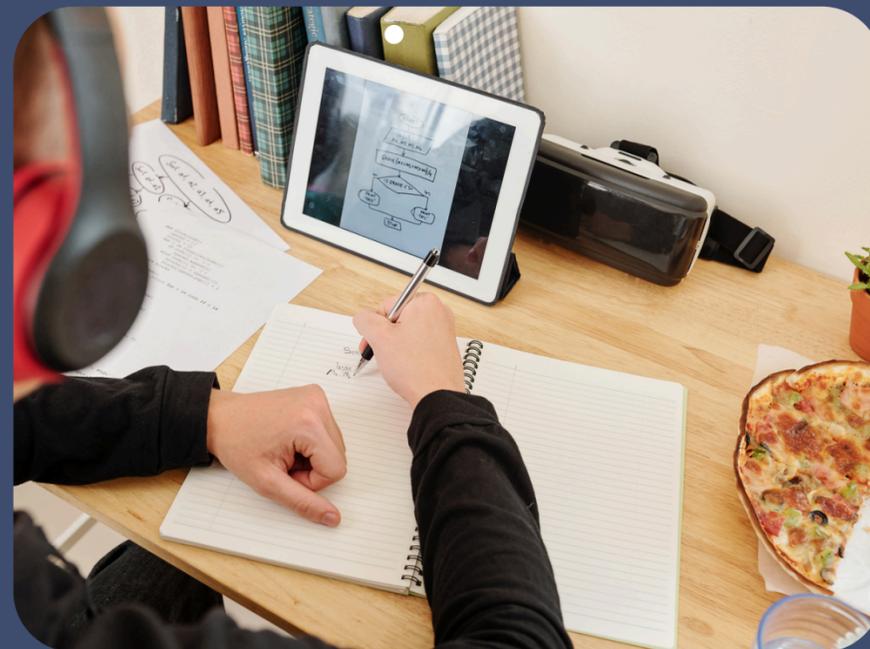
Learn with  
confidence



Gain useful  
techniques



Safe space to  
ask questions



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**Start with just a few steps**

Schedule a Discovery Call to learn more about the Corporate Workshop. We are available to answer any questions.

**Sign up for a Corporate Workshop**

Once you register and pay for the workshop, we will provide you with a communication kit to share with employees.



## How to Get Started



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**We are here  
for you**

Supporting employees through menopause is both a wellness priority and a strategic investment. This program equips employees with practical tools, evidence-informed education, and meaningful support—helping them remain engaged, confident, and productive at work. By addressing menopause in the workplace, organizations strengthen inclusion, retain experienced talent, and demonstrate a clear commitment to employee well-being.



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## Q&A

How do I register my company for a Corporate Workshop?

The first step is to schedule a Free Discovery Call. You can do this by booking a service via our website.

Where are corporate workshops hosted?

The sessions will be hosted in a conference room onsite at the client location.

What is the duration of the Corporate Workshop? The corporate workshop is 2.5 hours.

What is the cost of the Corporate Workshop? The Corporate Workshop costs is \$2500 for Non Profit organizations \$5000 for Profit organizations.

What is included in the Corporate Workshop Fee? Workbooks and Course materials for 25-30 employees are included in fee.



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## Congratulations on normalizing the Menopause discussion!

Corporate Workshop Guide

Contact Us  
1-224-591-3079

Website  
[www.normalizemenopausehealth.com](http://www.normalizemenopausehealth.com)

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