

THE GUIDEBOOK

The Story *of Menopause*

AN INNOVATIVE
APPROACH

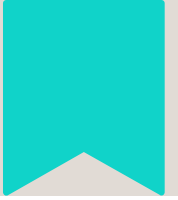
*Joining the dots from periods to
perimenopause, and beyond*



WWW.THEMENOPAUSESCHOOL.COM



THE GUIDEBOOK



The Menopause Care Advisor Workshop Guidebook

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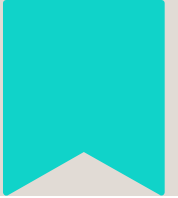
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By visiting and using the teaching portal, this guidebook, and sections of, you accept and agree to be bound by this Disclaimer along with the Standard Terms for the Purchase of Online and Taught Courses[^]

[^]A copy is available on the [website](https://www.themenopause.school).

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The 1st Rule of Menopause School
"We don't talk about Menopause, unless we talk about
Menstrual Health first"



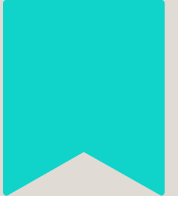
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This document outlines the different components of the training, instructions on how to access the training, and the accreditation requirements.

Instructions

> The Core Content

The Core Content is taught via The Workbook, Class Notes and videos, Live Workshop and other content in the online school.

It includes:

6 Lessons - which include class notes and videos in the online school

Live Workshop

The Story of Menopause Slides & Script

The Menopause Toolkit Slides & Script

> Competence required for accreditation:

- Pass ALL quizzes (each quiz must be completed with 85% or more)

> Facebook Group

- You can join the Facebook Group [here](#) (optional)
- If you have any questions post-workshop or wish to share ideas, you are more than welcome.
- It will remain open for 3 weeks after the live workshop.

> Live Q&A

- There will be an opportunity to ask questions on 13th September at 1pm for 30 mins. The link will be set to your email address



> Support

At The Menopause School, we are dedicated to providing a nurturing and supportive environment for all our students. We understand that each student is unique, with their own strengths, challenges, and aspirations. Our mission is to ensure that every student feels valued, respected, and empowered to reach their full potential.

We want you to succeed. Please reach out for support and guidance if you are finding anything about the course challenging or overwhelming.

If there is a way we can help you learn better, we are happy to consider the options.

We have an open communication policy and would rather know if something is troubling you and work together to make things better.

All technical problems will be responded to promptly and we will do our best to ensure that there is minimal interruption to your studies.

Questions are welcomed and we will endeavor to reply as soon as we can. Sometimes, we find a voice or video call is often easier to understand than an email.

> How to Login

Login [HERE](#) to access your student dashboard. Keep your login details safe and secure. If you lose them email support@themenopauseschool.com and we'll set you up with new ones. Unless you log out of the dashboard your device should keep you logged in.

> Lesson format

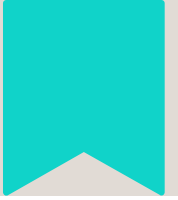
Each lesson includes:

- Video
- Class notes

> Quiz questions

The practice quiz questions are shown in the online school and the LIVE test will appear after the workshop

An 85% pass rate is a requirement. Retakes are permitted.



"Healthy aging is directly related to healthy menopause"



Introduction

"The story of menopause starts with the story of menstruation. We don't talk about menopause because we don't talk about menstruation. We don't talk about menstruation, because no one taught us how to."

In this workshop we methodically cover the fundamentals in human biology that collectively play a huge role in the journey along the Hormone Highway, focusing on the time frame from puberty to postmenopause. Menstruation and menopause are often explained as isolated aspects of physiology. However, if viewed from an integrated perspective you can easily see the close relationship menstruation has with overall health and the connection between perimenopause, menopause, and postmenopause.



The Challenge

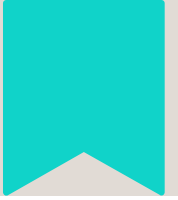
Managing the misconceptions of what the typical menopause is, and isn't, is probably the hardest task that lies ahead.

- Menopause is not a standalone time in a person's life.
- Menopause is not a condition or process that sits in its own physiological bubble that may only affect a few.
- Menopause is not optional.
- Menstruation starts and menstruation stops, typically, over a 40-year time span.

In that respect, menopause is not complicated. However, the bigger picture of this well-known fact of our human biology is yet to be given the full consideration it deserves.

In addition, whilst the mechanics of menopause have not changed, the life we live has. How we facilitate the learning of its physiology to take into account life in the 21st century and the mechanism for delivering appropriate menopause care, needs to evolve.

The following content has been designed to simply and effectively layer the knowledge, in such a way as to join the dots between menstruation and menopause. Our innovative approach to telling the story of menopause provides a relevant and meaningful approach to The Modern Menopause.



> The Training

- Lesson 1** - The Menstrual Health Timeline
- Lesson 2** - The Hormone Collective
- Lesson 3** - The Mechanics of Menstruation
- Lesson 4** - Perimenopause
- Lesson 5** - Signs & Symptoms
- Lesson 6** - Postmenopause

> The LIVE Training - doors open 9.50am for a 10am start

Q&A -

I will start with questions and matters arising from the content in the online portal. Please submit your questions ahead of time to questions@themenopauseschool.com

The Story of Menopause - you will receive a full set of slides and script

A relevant and meaningful approach to explaining how menopause is part of a process. The slides use icons and images to summarise the details and biology of menstrual health in context to the whole menopause experience.

The story will be told as if I were speaking to a group of menstruators at an awareness session. The slides have been designed to allow a steady pace, with a compact script and can be delivered within 20 minutes.

The content you have studied in the online school will provide you with the background understanding to facilitate this storytelling with confidence.

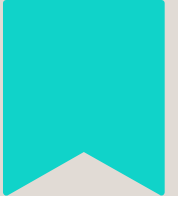
Short Q&A on the story

The Menopause Toolkit - you will receive a full set of slides and script

This section covers the different components of a menopause toolkit using a mind-mapping technique that will allow each menstruator to design and build their own. This system works well as an active session where each person draws the map on 7 A4 pieces of paper and connects with the others in the room to discuss their choices.

Discussion -

Final Q&A and discussion on the topics covered.



Follow up questions 13th Sept 1pm

So you have time to try out your new knowledge and resources I will host a follow-up Q&A.

Please submit your questions via email and if you cannot make it live I will cover your points and you can watch the recording.



Accreditation

On completion of the quiz in the online school with a pass mark of 85% or more, you will receive a certificate via the email address you registered with.