

A whole person approach to menopause care  
and menstrual health support



# Become a Menopause Doula

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Elevate Your Practice

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Empower | Educate | Transform





# Our Vision

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We imagine a world where a person who menstruates can wake up each day feeling confident in their physiology, curious to learn more, and know there is a safe and supportive space to ask for help, wherever they are on the menstrual health timeline.

# Our Mission

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Decades of incomplete information has left a legacy of misunderstandings that are affecting health outcomes on a global scale. We will create a worldwide collective of menstrual and menopause health informed professionals so every menstruator has the knowledge and support to take their next best step as they travel along the menstrual health timeline.



The Menopause School is an accredited training provider for the International Practitioners of Holistic Medicine  
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# EMPOWER | EDUCATE | TRANSFORM

Bridge the gap in holistic wellness by gaining the knowledge, confidence, and tools to support clients through one of the most significant transitions in their health journey. This course offers a unique approach, exploring the three shifts needed in menopause awareness that have been missing in menstrual health education.



"Teaching everyone the language of menstrual health just makes sense"

- let's make a lasting change

At no point during any formal education is a menstruator taught about their physiology. There is no lesson, or roadmap provided, about what makes their genetically defined biology special, and why it needs a different kind of approach to health and well-being - **never**.

You cannot manage what you don't understand, **but** if there was someone to teach you the framework of menstrual health from periods to perimenopause and beyond, imagine what that would look like.

A Menstrual & Menopause Health-Informed Educator can empower others to advocate for themselves, make informed choices, and understand the strength that comes from knowing how to manage their hormone health, their entire life.

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# WHY THIS COURSE STANDS OUT

Many holistic practitioners feel uncertain when supporting clients through menopause due to gaps in education. This course changes that by introducing the three essential shifts in menopause awareness:

## 1 CLARITY

### UNDERSTANDING THE MENSTRUAL HEALTH TIMELINE

- See the hormone journey from first period to postmenopause as a **clear, blueprint** rather than isolated phases.
- Gain a **biological foundation** that empowers meaningful symptom relief and long-term wellness strategies.
- Guide clients with **confidence**, knowing their next best step at any stage of their journey.

## 2 CALM

### CONFIDENT CONVERSATIONS FOR EFFECTIVE SUPPORT

- Use a **structured** conversation framework called **Menopause Mapping** to discuss menopause with clarity and ease.
- Reduce client overwhelm by providing **practical**, informed decision-making guidance.
- **Help clients** build a personalized menopause toolkit step by step, without confusion or stress.

## 3 CONNECTED

### BRIDGING KNOWLEDGE GAPS TO STRENGTHEN PRACTICE

- **Discover** how missed biological insights can enhance existing holistic practices.
- Provide a practical **pathway** for clients, ensuring ongoing support and guidance.
- Access templates for menopause talks, workshops, and one-to-one sessions to establish yourself as a **trusted, informed professional**.

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# THE BENEFITS OF BECOMING A MENOPAUSE DOULA

Our training provides you with the skills to offer Menstrual **and** Menopause Health guidance, enabling you to nurture and support others along their hormone highway, from menstruation to menopause.



## TRANSFORM CLIENT OUTCOMES

- Provide informed, structured support that reduces anxiety and confusion.
- Guide clients to practical, meaningful solutions that improve well-being.

## EXPAND YOUR EXPERTISE & CREDIBILITY

- Specialise in menopause support and stand out in your field.
- Gain evidence-based knowledge that sets you apart from other wellness practitioners.

## INCREASE CLIENT RETENTION & REFERRALS

- Build long-term relationships with clients who trust your expertise.
- Attract more referrals as satisfied clients share their success stories.

## FIND PROFESSIONAL & PERSONAL FULFILMENT

- Feel confident and equipped to create lasting change in the lives of your clients.
- Align your work with a purpose-driven mission that makes a real impact.

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# YOUR EDUCATOR

Fiona Catchpowle is a Menopause Doula and the Creator and Founder of The Menopause School.

## A MENSTRUAL HEALTH EVANGELIST

How could it be possible to reach 47 and not know about something called perimenopause?

Even though she was Teaching Biology and Holistic Therapy, and a Beauty Salon owner for 16 years, Fiona's own experience of menopause was ill-informed and underprepared.

Driven to make a change in menstrual health education as a result, over the last 9 years Fiona has been on a mission to change the face of menopause care, and individual awareness of menstrual health, with a lifetime lens.

Using her skills as a teacher, an online marketing educator, biologist, mother, grandmother, perimenopausal person, and a desire to make a lasting change The Menopause School was developed and opened its doors for the first time in June 2019.



"The mechanics of menopause has not changed, but the way we live our lives has"

- a whole person approach



# TAKE THE NEXT STEP

This is not just course. The people who do our training are changing the way people learn, talk and think about menopause. This is your opportunity to stand out in holistic wellness, support clients in a deeply meaningful way, and build a thriving practice specialising in menopause.

- **Comprehensive Training** - Gain in-depth knowledge and practical skills.
- **Flexible Learning** - Study at your own pace with expert guidance.
- **Exclusive Resources** - Get client templates, protocols, and business strategies.
- **Professional Certification** - Establish yourself as a qualified Menopause Doula.
- **Community Driven** - Join a thriving, professional-only community



## JOIN THE MENOPAUSE EVOLUTION

- Secure your place on the Menopause Doula Training Course and start transforming lives today!
- Become a menstrual health informed practitioner.
- Book a call [\*\*HERE\*\*](#) to get started

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