

Balance & Flex

Menopause is, for most women, a natural stage of human growth that brings extraordinary disruption to physical, mental and emotional state to varying degrees. It is common for women to experience a heightened sense of mood swings, self doubt, confusion, fatigue and, higher levels of stress and anxiety. Questions on family commitment Vs self care, career direction Vs life purpose and choices that impact health, wellbeing, professional acceleration and inner happiness bubble up and occupy mental bandwidth. If left unaddressed it can lead to years of unhappiness, frustration and mental health issues. We hope to offer an opportunity to women that is timely and effective.

Framework - a 4 -10 session combination that offers a choice

- **Chemistry Session (pre-start):** Gives the client a chance to understand the diagnostics tools being used, session flow and check chemistry match with the lead coach. This session is for 30 mins and does not attract any fees.



- **Neuroscience (essential):** Understanding how the brain works changes everything. Research and our experience shows it empower clients to raise self awareness and define their own personal strategies to combat this challenging phase and live a life of freedom and fulfilment.
- **Core energy coaching (essential):** Energy Leadership™ reveals stress triggers, blind spots and reflex thinking patterns that trigger anger, inertia, anxiety, confusion and indecision. With sustained practice women master how to unpack, reframe and strengthen core beliefs. Includes Laser breakthrough technique™ / Life balance and Seven levels of ELI Assessment™.

- **Purpose alignment (optional):** This module gives women a safe space to identify what really matters, who they are, what keeps tripping them over and personal choices they might wish relook, keep, let go and redefine. Includes Values Mind Mapping and frameworks.
- **Energy management (optional):** A robust elegant tool and process that helps women sharpen style and impact amongst teams, professionals and communities they operate in without being less of who they are or needing to confirm to stereotypical behaviours.



Reena Dayal is a certified Master practitioner and Coach of Energy Leadership™ and Gallup StrengthsFinder™ methodologies in addition to a 23 year track record of global HR and leadership transformation across 26 countries. Based on years of working with people through career/ life and business transition points she brings passion, skills and techniques in designing a programme that offers a unique combination of neuroscience, eastern and western life coaching approaches. That along with her own experience of menopause. Her offer complements menopausal treatment offered by clinicians. She partners with Maria a neuroscience executive coach with an

academic and training background of over 28 years. Both are published authors in journals, Reena also an author of, The Brilliance Quotient.

A few helpful resources on menopause

American College of Obstetricians and Gynecologists (ACOG)

www.acog.org

American Society for Reproductive Medicine

www.asrm.org

National Library of Medicine's MEDLINEplus

medlineplus.gov/menopause.html

US Department of Health and Human Services, Office on Women's Health

www.womenshealth.gov

National Women's Health Resource Center

www.healthywomen.org

The Hormone Foundation

www.hormone.org

The North American Menopause Society

www.menopause.org