

*your* menopause

# Guiding women through Menopause, *step by step.*

**WE ARE DEDICATED TO SUPPORTING WOMEN THROUGH THEIR MIDLIFE JOURNEY WITH PERSONALISED COACHING, WORKPLACE EDUCATION, AND A VIBRANT COMMUNITY.**

Make an appointment with Rebecca on the details below to identify how you can create your best life with confidence and lasting change through guidance and support.



## *How can we work together?*

### **PERSONALISED ONE-ON-ONE COACHING**

Navigate your journey through menopause with personalised support. Our one-on-one coaching sessions are designed to empower you with clarity and understanding, tailored to your individual needs. Partner with us for as short or as long as you require, ensuring you receive the guidance and tools necessary for aging well.

### **WORKPLACE EDUCATION**

By partnering with Your Menopause your business is prepared with the knowledge and understanding to create a supportive environment for employees experiencing menopause. This forward thinking initiative fosters a culture of inclusivity enhancing employee well-being and productivity while promoting a workplace that values the diverse needs of its workforce.



Contact Rebecca to embrace  
Your Menopause journey.

Call: 0477 714 922  
Email: [rebecca@yourmenopause.com.au](mailto:rebecca@yourmenopause.com.au)  
[yourmenopause.com.au](http://yourmenopause.com.au)

# What is impacting you?

Symptoms of perimenopause and menopause are different for everyone. Check the boxes that apply to you and use this list to discuss your symptoms with your healthcare professional.

*\*if you are experiencing other symptoms that are not on the list, jot them down.*

## SYMPTOMS

Not at all    A little bit    Quite a bit    Extremely

### BODY

Hot flushes

Night sweats

Difficulty sleeping

Heart beating quickly/strongly (palpitations)

Muscle and joint pains/aches

Unusual tiredness /exhaustion

Headaches or migraines

Bloating

Weight gain

Painful sex (dry vagina)

Frequent and sudden urge to wee  
(sometimes wetting yourself)

Itchy/dry skin

Thinning hair

Irregular periods

Heavy periods

### MIND

Memory Problems, forgetfulness

Difficulty in concentrating

Feeling tense or nervous

Attacks of anxiety, panic

Feeling unhappy or depressed

Irritability

Feeling dizzy or faint

Loss of interest in sex

There are many treatment options available for perimenopause and menopause symptoms. Treatments can take time to work, allow 3-6 months.\*

Symptoms and their severity may vary throughout the menopause journey. Keep your checklist handy and revisit it to monitor changes.

\*Unless side effects occur

