



Kathryn Colas



Kathryn Colas Academy

Train as an Executive Menopause Coach in 2022



A professional, externally accredited training programme designed for independent professional coaches and trainers.



Kathryn Colas Academy



Kathryn Colas Academy

The Academy was founded in 2020 and works with a range of organisations seeking to support their employees through menopause, including KPMG, the Society and College of Radiographers and National Association of Head Teachers.

The Kathryn Colas Academy is revolutionizing the way menopause is managed in every workplace. We share knowledge and insights to raise awareness and build understanding of the menopause for everyone. Our professional and comprehensive programmes were successfully accredited by CPDUK.

The CPDUK Certification Service evaluates a variety of professional learning activities, accrediting only those of the highest standard. With no enforceable employment laws providing support, companies are seeing the need to address this subject to retain good staff. Our Executive Menopause Coach programme equips professional trainers with the skills, knowledge and experience to deliver menopause training to every employee in every workplace.





Kathryn Colas Academy

Our Mission

The availability of Certified Professional menopause training for every person in every workplace



Pioneering Work

After years of pioneering work and passionate commitment to bring menopause onto the business, government and education agendas Kathryn decided to take her research, training experience and knowledge to a wider audience, supporting people within a wide range of organisations throughout the UK and beyond.



Menopause Training

In 2020 Kathryn began working with external consultant Angela Hobbs MSc, a passionate advocate for gender equality and supporting women in business. They applied their combined menopause and business experience to design and develop two comprehensive training programmes. Both programmes were externally accredited in 2021.



Executive Menopause Coach

The Executive Menopause Coach programme is designed for independent trainers with experience in delivering learning and development in the workplace. Extend your portfolio by adding menopause awareness and professional support giving you the confidence to develop the menopause side of your business. Talk to us today about joining one of our programmes in 2022.



Kathryn Colas Academy

2022 Autumn Programmes

Final Dates for Autumn 2022 - Dates shown indicate the start date for each programme



8th September

This programme will complete with module seven on 1st December and include 1:1's and assignment submissions.



8th October: Intensive

All seven modules are delivered over two weekends, completing on Sunday 23rd October and include 1:1's and assignment submissions.



Announcing our 2023 Programmes soon



Executive Menopause Coach Training Modules & Assignments

Welcome & Module One

Exploding the Menopause
Myths

Module Two

Changing Face of the Workplace &
Impacts on Menopause
Management

Module Three

Menopause: Symptoms & Non-
Medical Interventions

Module Four

Equality,
Diversity & Inclusion

Module Five

Menopause Policies &
How to Create Best Practise

Module Six

Cultural Engagement

Module Seven

This module is dedicated to
Coaching Skills and building your
business

1:1's

A scheduled individual 1:1 with an
Executive Menopause Coach

Assignment Submission

Assignments are issued to cover
the learning in every module.
Assignments form part of the Final
Submission from which a Report is
prepared within four weeks.

Promotional Webinar

Following each EMC programme a
live webinar is promoted across
Eventbrite and all our networks.
Attendance has always been above
average and brings together
everyone from the Kathryn Colas
Academy Community of Coaches.

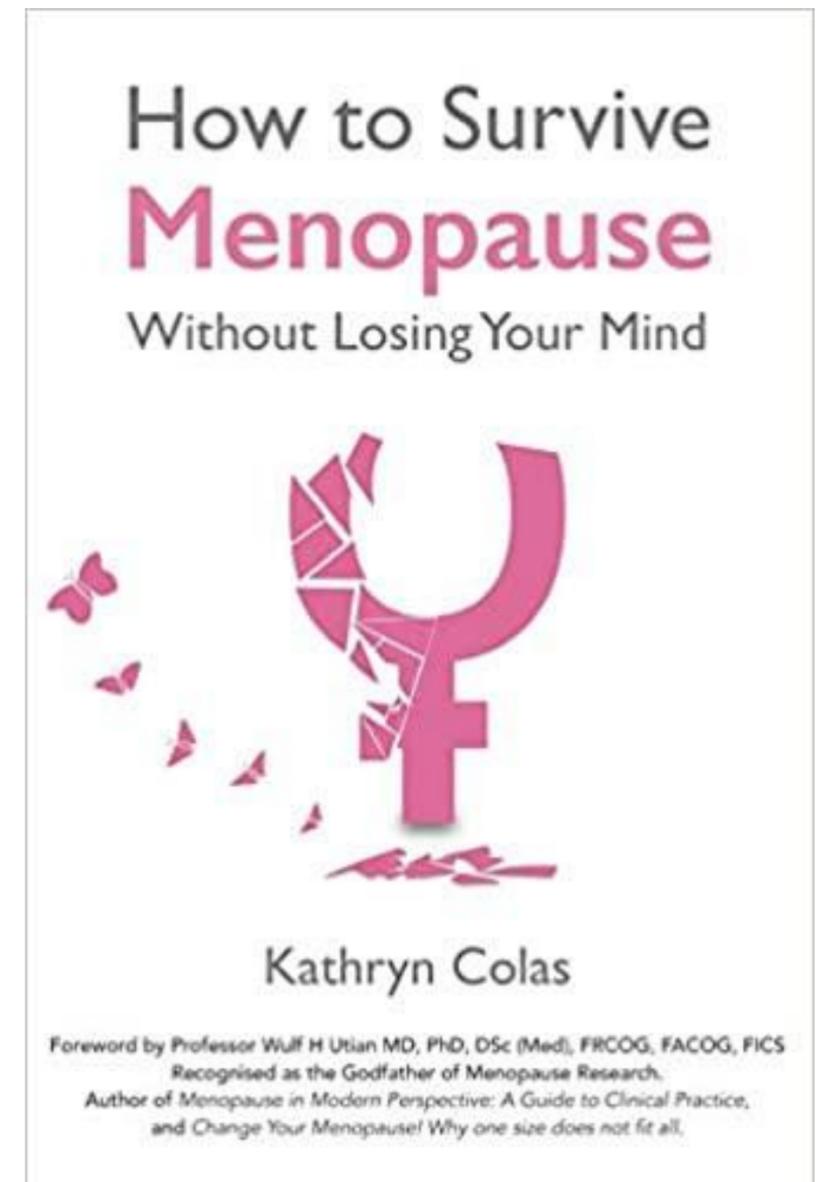
CPD Certification

CPD Certificates are
emailed direct

Kathryn Colas



In 2012 Kathryn Colas resigned from a senior executive role in hotel management because of an unknown challenge that she was totally unprepared for. Menopause: The debilitating symptoms, lack of awareness and the dense shroud of taboo were totally unexpected and difficult to accept. As someone who had always relied on her inner resilience, perseverance and bounce back approach, Kathryn decided to pursue answers to all those questions that simply didn't make any sense. Her story is one of discovery, learning, passion and commitment.



Foreword by Professor Wulf H Utian MD, PhD, DSc (Med), FRCOG, FACOG, FICS
Recognised as the Godfather of Menopause Research.
Author of *Menopause in Modern Perspective: A Guide to Clinical Practice,*
and *Change Your Menopause! Why one size does not fit all.*

Frequently Asked Questions

● How is the training delivered?

All of our training modules for 2022 will be delivered online in an interactive and collaborative environment.

● How many participants per programme?

Each programme is designed for up to 12 participants. Recordings of each module are also made available to each participant.

● Who delivers the training?

Each training programme is facilitated and delivered by two of our accredited Executive Menopause Coaches.

● How many modules are there?

There are seven modules per programme, and six assignments plus an individual 1:1 session with one of your programme facilitators.

● What is the programme format ?

There are two formats available. Our original 3 ½ month programme, with one module every two weeks and the intensive weekend option, delivered over two weekends. Each module lasts 2 ½ hrs.

● What is the cost of the programme?

The programme fees are £1895.00 plus vat. This is fully inclusive of all training, programme materials, assignment submission, assessment, 1:1's and Certification. All participants are granted exclusive access to the dedicated EMC website area and WhatsApp Group.

Our Growing Team of Executive Menopause Coaches





Kathryn Colas Academy

Contact Information



hello@kathryncolasacademy.com



P.O. Box 218, Uckfield, East Sussex TN22 3YT



+44 (0)1825 582010 & 44 (0)7502 383412

We look forward to speaking with you and welcoming you to the Kathryn Colas Academy