



Kathryn Colas Academy

Kathryn Colas

Pioneer, Entrepreneur, Writer
and Professional Speaker

kathryncolasacademy.com



Let's talk about...

Annual Events

International
Women's Day

World

Menopause Day

Others – theme
your own storyline

Menopause

Exploding the Myths

The Changing Face
of the Workplace

Lifestyle Choices

EDI & Cultural
Engagement

Important Health & Wellbeing Dates

February 2nd
Time to Talk Day

March 8th
International Womens Day

April
Stress Awareness Month

May 8th - 14th
Womens Health Week

September 25th-29th
International Week of Happiness at Work

October 10th
World Mental Health Day

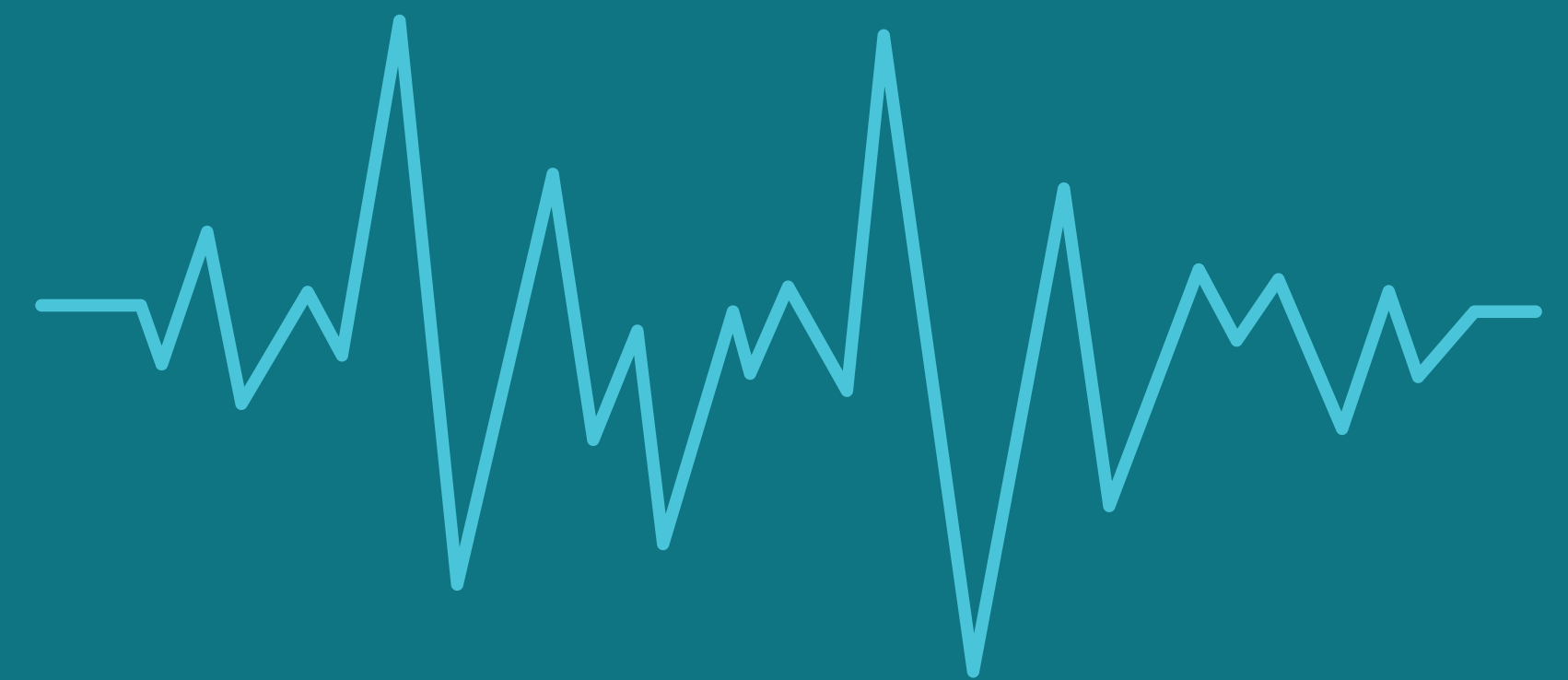
October 18th
World Menopause Day

November 2nd
National Stress Awareness Day

Kathryn Colas is a hugely respected voice for women going through the menopause.

Kathryn is Founder of The Kathryn Colas Academy, and Chief Executive of the Women's Advice and Support Service Simply Hormones, she has become a sought-after media commentator and professional speaker, recognised for her work with NGOs, public and private sector organisations in improving understanding of menopausal symptoms; empowering women with better information while influencing policy and practices in the workplace.

Listen to Kathryn



Kathryn became the first lay person to be appointed to the medical advisory committee of the British Menopause Society.

Kathryn's media appearances include the BBC Radio 4 Woman's Hour, BBC Breakfast tv and numerous national newspapers and magazines.



Brief History of Speaking Events



Royal College of
Obstetricians &
Gynaecologists





BMS Annual Conference



FM (Facilities Management) Annual Conference



Gordons LLP - A Perfect Storm Event - Vicky O'Farrell & Kathryn Colas



L-R Sheryl A Kinsberg PhD, Prof Marla Shapiro, Kathryn Colas, Dr Heather Currie: European Menopause Society AGM-Speakers



Uckfield FM



Firefit/Fire Service UK Annual Conference

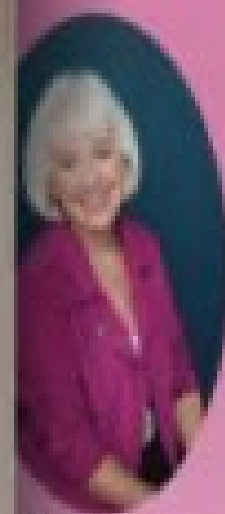
How to Survive Menopause

Without Losing Your Mind



Kathryn Colas

Foreword by Professor Wulf H Utian MD, PhD, DSc (Med), FRCOG, FACOG, FICS
Recognized 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.



This is the book that has never been written!
How To Survive Menopause Without Losing
Your Mind is a guide every woman needs.
Kathryn Colas is a well-known and respected
media commentator and menopause
expert.

She tells all about her ten years of hell,
near suicide and how she overcame
her difficulties, so you can circumvent
complications and misdiagnoses commonly
experienced by women.

Do you suspect you are going through menopause? Are you
experiencing unusual and inexplicable mood swings and
symptoms that affect your entire life? Do you recognise symptoms
in someone you know and love? Kathryn answers your essential
questions and more...

What do you do when your relationship is falling apart?

What do you do when symptoms affect your work
performance?

Does your doctor sympathise and know how to help you?

This 'must-read' book is for all women. Keep it at your fingertips
to help you understand your symptoms and emotions; use the
advice provided to thrive and get the support you deserve.

Kathryn says, "Men suffer too! Why is advice not available for them?
It's important that we encourage them to get involved and I've
included valuable advice in the book".

This book contains everything you've ever needed to know about
menopause and how to shake it into shape!



£15.00 / \$19.50
HEALTH & FITNESS/Menopause
ISBN 978-1-911-91700-9



Written with passion and from the heart...

Forward by Prof Wulf H Utian, original founder of North American Menopause Society

Kathryn is looking forward to being part of your next event.





Kathryn Colas Academy



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