



Kathryn Colas



Kathryn Colas Academy

# Train as an Executive Menopause Coach in 2022

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Professional, externally accredited  
training programmes designed for every  
workplace



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# 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, GLA and the Society and College of Radiographers.

The Kathryn Colas Academy aims to revolutionize 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 equip professional trainers with the skills, knowledge and experience to deliver menopause training to every employee in every workplace.





# 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. Talk to us today about joining one of our programmes in 2022.





# 2022 Programmes

Dates shown indicate the start date for each programme



## 3rd February

This programme will complete with module seven on 28th April, and include 1:1's and assignment submissions.



## 28th April

This programme will complete with module seven on 21st July and include 1:1's and assignment submissions.



## 6th September

This programme will complete with module seven on 14th November and include 1:1's and assignment submissions.



## 7th May : Intensive

This is our first intensive weekend programme, all seven modules are delivered over two weekends, completing on Sunday 21st May and include 1:1's and assignment submissions.



## 8th October: Intensive

This is our second intensive weekend programme, all seven modules are delivered over two weekends, completing on Sunday 23rd October and include 1:1's and assignment submissions.



# 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

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## 1:1's

A scheduled individual 1:1 with an  
Executive Menopause Coach

## Assignment Submission

Prepare your assignments for  
submission and receive your  
feedback within four weeks.

## Completion Workshop

We bring all participants together  
to share their feedback and  
outcomes

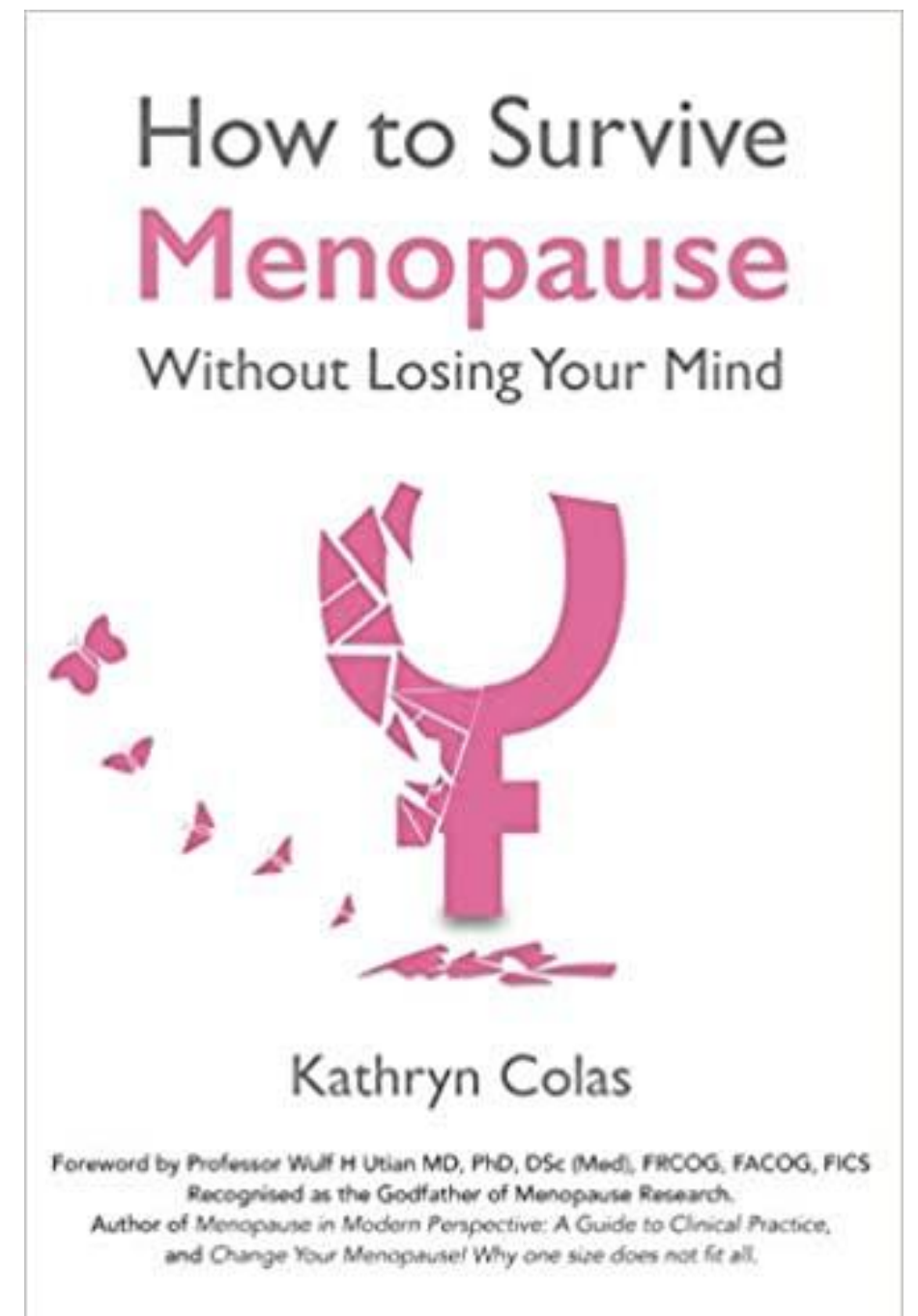
## CPD Certification

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.



# 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.

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## ● How many modules are there?

There are seven modules per programme, and seven 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 four month programme, with one module every two weeks and now our new intensive weekend option, delivered over two weekends.

## ● 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.



# Our Growing Team of Executive Menopause Coaches





# Contact Information



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