RESETmeno® for Workplaces

Supporting women through the emotional and psychological experience of menopause

What is RESETmeno®?

RESETmeno® is an eight-week, self-guided digital wellbeing programme designed to support women through the emotional and psychological experience of menopause and the wider changes that can accompany this stage of life.

Alongside physical symptoms, menopause can affect confidence, emotional wellbeing, identity, relationships, work and a woman's sense of direction. RESETmeno® provides a private, structured space for women to better understand what they are experiencing and work through these changes in their own time.

Organisations can purchase individual copies of RESETmeno® to make available to employees as part of their menopause and workplace wellbeing support.

Each employee receives her own copy of the programme for personal use. She works through RESETmeno® privately and independently and can keep her copy to return to after the eight-week programme has ended.

Through weekly lessons, guided reflection, journalling, practical exercises and small achievable actions, RESETmeno® supports women to develop greater understanding, clarity, self-compassion and confidence.

RESETmeno® is a non-clinical wellbeing resource. It is designed to complement, rather than replace, appropriate medical care, counselling, psychological therapy or workplace support.

A practical resource organisations can provide

RESETmeno® offers employers a straightforward way to make individual emotional and psychological menopause support available to women within their workforce.

It gives organisations the opportunity to provide employees with a structured resource they can use for themselves, privately and independently, without requiring the organisation to deliver the programme.

There are no group sessions, appointments or scheduled attendance requirements.

The organisation provides the resource. The woman uses it in the way that is most helpful to her.

At a glance

- Eight-week self-guided digital wellbeing programme
- Structured reflection, journalling and practical exercises
- Private individual use for each employee
- Non-clinical resource designed to complement wider support
- Focus on emotional and psychological experience of menopause
- No group sessions or scheduled attendance

Why provide RESETmeno® to employees?

Menopause support in the workplace can take many forms. Policies, reasonable adjustments, manager awareness and access to appropriate health or occupational support can all have an important role.

RESETmeno® offers something different within that wider picture: a resource created specifically for the woman herself.

Women may be managing changes in confidence, emotional wellbeing, identity, relationships, work or their sense of direction alongside the physical experience of menopause.

These can be deeply personal experiences and may not always be things an employee wants or needs to discuss in detail with a manager or colleague.

By providing RESETmeno®, an organisation can give employees access to a private, structured resource that they can use independently and at a time and pace that works for them.

The programme gives each woman her own space to explore what she is experiencing, develop greater understanding and consider what may help her move forward.

For organisations, this provides a practical way to broaden the menopause support available to employees without requiring the organisation itself to deliver that support.

RESETmeno® does not replace an employer's existing menopause provision, workplace adjustments, occupational health support or appropriate professional care. It can sit alongside these as an additional wellbeing resource for women who may benefit from more structured personal support.

What employees receive

Each employee receives her own copy of the complete RESETmeno® programme. The programme includes:

Weekly lessons and guided journal prompts
Clear weekly themes supported by reflection and journalling to encourage greater personal understanding.

Interactive worksheets
Practical tools to help women organise their thoughts and turn reflection into meaningful insight.

Weekly RESETactions
Small, achievable actions that help women apply what they are learning and begin making changes gradually.

Baseline wellbeing snapshot
A guided starting point to help women reflect on where they are now and identify areas they may want to focus on.

Progress & reflection trackers
Track weekly completion, practise optional habits and reflect on what helped, what got in the way and what to adjust.

Q&A for common sticking points
Guidance around some of the difficulties women may encounter while working through the programme.

Resource Library & Support & Safety
Save useful links and notes, with separate guidance on when to seek additional or urgent support.

After RESETmeno® - Your Next 30 Days
A simple personal plan to carry learning forward through habits, boundaries, joy and a note to return to on difficult days.

How RESETmeno® works for organisations

An organisation purchases a set number of individual copies of RESETmeno® for employees.

Each copy is intended for one employee's personal use. Rather than the organisation receiving a single programme file to distribute freely, individual employees receive their own authorised copy of RESETmeno®.

The process is designed to remain straightforward:

1		The organisation decides how many individual copies it would like to purchase.
2		CalmerAge® provides simple information the organisation can use to let employees know RESETmeno® is available.
3		Employees who choose to use the resource receive their own individual copy through an agreed distribution process.
4		Each employee works through RESETmeno® privately and independently over approximately eight weeks.
5		The employee keeps her copy and can return to the programme, exercises and reflections afterwards.

Employees do not need to begin together and there are no group sessions, live sessions or scheduled appointments.

Although RESETmeno® follows an eight-week structure, it is self-guided and can be used at the employee's own pace and around her work and personal commitments.

Privacy and independence

RESETmeno® is designed to be a personal resource.

An employee's reflections, journal entries and responses within the programme remain her own.

The employer does not have access to what an employee writes or reflects on while using RESETmeno®.

CalmerAge® does not provide employers with information about an individual employee's personal reflections or experiences within the programme.

Where practical, an organisation may be told how many of its purchased copies have been allocated for administrative purposes. This would not include personal programme content or information about how an individual employee is engaging with RESETmeno®.

The organisation's role is simply to make the resource available.

Privacy in brief

		
Personal reflections remain private	Employers do not see workbook content	Administrative allocation can be shared without revealing personal information

Scope and professional boundaries

RESETmeno® is a wellbeing resource and is not intended to diagnose, treat or manage medical or mental health conditions.

It has been created to complement, rather than replace, medical care, counselling, psychological therapy, occupational health support or other appropriate professional care.

Women experiencing difficulties that require assessment, treatment, crisis support or more intensive medical or psychological care should continue to access appropriate professional services.

Organisational purchasing

RESETmeno® is available to individuals at £59 as a one-time purchase.

Organisations can purchase a set number of individual copies. The per-copy rate depends on the number of copies in the order.

Each purchased copy is for one employee's personal use. The employee receives her own copy of the programme, which she may keep and return to after completing the eight-week structure.

This allows employers to begin with a smaller number of copies or make RESETmeno® available more widely across their workforce.

The rate shown for each quantity applies to every copy in the order.

Individual purchase	£59 as a one-time payment.
1-4 copies	£59 per copy
5-9 copies	£55 per copy
10-24 copies	£52 per copy
25 or more copies	£51 per copy

About the creator

RESETmeno® was created by Judith Francis, founder of CalmerAge®.

Judith is a former Registered General Nurse with a BSc (Hons) in Psychology with Clinical Psychology, an MSc in Mental Health, and Graduate Membership of the British Psychological Society (GMBPsS).

She is not currently practising as a clinician and is not a registered psychologist or therapist.

RESETmeno® draws on her academic and professional background alongside her personal experience of menopause and midlife to provide structured, non-clinical wellbeing support.

Providing RESETmeno® within your organisation

If you would like to explore making RESETmeno® available to women within your organisation, please contact:

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CalmerAge®

Creating space through menopause.