

WORKSHOP

MASTERING MENOPAUSE AND LEADING IN POWER

You're navigating one of life's most significant transitions while managing executive responsibilities, complex decisions and demanding schedules.

The brain fog, sleepless nights and emotional shifts feel overwhelming some days.

Yet you're still expected (and you still expect yourself!) to perform at your peak.

And some days you wonder — you really wonder — if it's all worth it, or if perhaps it's time to bow out.

You don't have to choose between your health and your career.

Join internationally accredited executive coach Karyn Brinkley for this half-day workshop, as she explains what's really going on when your menopausal body meets your executive brain.

You'll explore the changes you're NOT imagining, discover how to lead in the boardroom and the C-suite in spite of them, and learn how to make this transition one of your most career-enhancing stages ever!



HALF-DAY, LIFE CHANGING

- How to navigate this transition with grace and effectiveness (and prove to yourself and others that menopause DOES NOT diminish your leadership capability and expertise!)
- Understanding your new rhythms and redesigning your leadership and lifestyle for sustained energy
- Managing brain fog and hot flushes in high-visibility situations
- Mastering emotional unpredictability (yours and others')
- Communicating your needs without compromising your professional standing

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