



## Our Mission

Empowering women by providing comprehensive support and innovative solutions for all aspects of their menstrual health

We are committed to amplifying the voice of women in any consultation – ensuring their needs and perspectives shape the future of menstrual and menopause care

By fostering a world where menstrual well-being is a standard of care, we enable women to lead healthier, more confident lives

## Contact Us

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# Empower Her Training

Empowering Women Through  
Education and Training



## Our Team



Dr Rebecca Tomlinson



## Our Services

- Menstrual Health Education
- Menopause Awareness and Support
- Support for 'the Supporters'
- Professionally run, tailor-made Training Programmes



Dr Kate Burns

Our expert GPs are dedicated to creating a bespoke training programme to suit the needs of your team

**1. Menstrual Health Education:** We offer workshops that cover everything from understanding the menstrual cycle to managing associated. Our goal is to break the stigma around menstruation and empower women with the knowledge they need to take control of their health.

**2. Menopause Awareness and Support:** Navigating menopause can be challenging, and we are here to help. Our training includes detailed sessions on the physical, emotional, and psychological aspects of menopause, providing strategies for symptom management and overall well-being.

**3. Community and Support:** We believe in the power of community. We want to ensure that we are inclusive of those who are supporting those around them who struggle with their menstrual health.

**4. Professional Training:** We aim to provide specialized, aiming to increase awareness and support for menstrual and menopause health in the workplace.

Join us in creating a world where every woman is informed, supported, and empowered to thrive



## Menstrual and Menopause Health Training

### What do we offer?

- 2-3 hour sessions
- In-house workshops
- Interactive Q&As
- Presenters : Dr Rebecca Tomlinson and Dr Kate Burns
- Aimed at all members of the workforce

## Workshop Objectives:

- 1. Understanding the Menstrual Cycle:** Explore the phases of the menstrual cycle, hormonal changes, and their effects on the body and mind. Learn about common menstrual disorders and their management.
- 2. Menstrual Hygiene and Health:** Gain insights into the best practices for dealing with menstrual pain and addressing common misconceptions and taboos.
- 3. Introduction to Menopause:** Understand the transition to menopause, including the perimenopausal phase, and recognize the signs and symptoms of menopause.
- 4. Managing Menopausal Symptoms:** Learn about common physical and emotional symptoms of menopause and explore various treatment options, including lifestyle changes, natural remedies, and medical interventions.
- 5. Psychological and Emotional Well-being:** Address the psychological aspects of menstrual and menopause health, including coping strategies for mood swings, anxiety, and depression.
- 6. Nutrition and Lifestyle:** Discover the role of diet and lifestyle in managing menstrual and menopause health, with a focus on balanced nutrition, exercise, and stress management.
- 7. Creating Supportive Environments:** Strategies for fostering supportive environments at home, in the workplace, and within the community. This includes how to support friends, family and colleagues that are supporting those managing their menstrual health changes