

# Coaching at Work



## Coaching at Work Series of Masterclasses 2015

# Coaching through the menopause

## Tim Taylor and Deborah Price

**Seminar date:** Wednesday 7th October 2015

**Venue:** The BPS London Offices

**Timings:** 10.00am – 5.00pm



### MASTERCLASS CONTENT

Menopause, as natural as childbirth, is rarely discussed at work even amongst women, for fear of professional suicide. 8 out of 10 women will be affected by their menopausal symptoms and with 3.5 million women over the age of 50 working full-time, they are going to need our support. Peri-menopause, the stage before menopause when women are transitioning into the menopause, has the potential to derail a career and cost businesses thousands of pounds in lost talent, innovation and experience. Coaches need to be prepared to address this issue and to educate their corporate clients about its potential impact - supporting talented managers affected as they transition through this natural stage of life. This masterclass will raise awareness of the many symptoms that may be experienced enabling coaches to educate, normalize and validate the experiences of this potential client group.

### MASTERCLASS OBJECTIVES

Tim and Deborah look at this topic from both a male and female perspective with the aim of providing you with a practical understanding of how this transition can affect working women. It will enable you to engage in conversations about the menopause with employers, HR professionals, line managers and life partners to increase their understanding or risk losing talent because of their ignorance.

### MASTERCLASS SUBJECT

In this workshop you will:

- Learn about women's health
- Cover case studies of peri-menopausal clients including the impact of their career choices and well-being
- Experience exercises designed to improve your understanding of the challenges peri-menopausal women face
- Gain practical coaching strategies including development of a menopause management plan
- Be better prepared to support peri-menopausal women, their organisations and line managers

**TIM TAYLOR** is a visionary learning professional delivering practical leadership solutions to maximise business performance. A challenging and inspirational coach, Tim is passionate about changing the way companies develop leaders. He is keenly interested in women's issues at work and is curious to better understand what prevents more women reaching their full leadership potential.

**DEBORAH PRICE** was peri-menopausal for over 10 years during which time she started to have conversations with fellow sufferers that left her speechless. The strong sense of isolation experienced by many and the lack of practical and emotional support had devastating effects on many of them. She determined to find a way to bring these stories to light and lift the lid on this taboo subject. She could not have coped, at times, at work without the support and understanding offered to her by Tim. Winning the Coaching at Work Thought Leadership Award in 2014 for the article she co-wrote with Tim Taylor was a highlight in her career – the subject was getting the attention it deserved!

### LOGISTICS

#### VENUE

The event is held at The British Psychological Society, London Offices, 30 Tabernacle Street, London, EC2A 4UE

#### DATE

Wednesday 7th October 2015

#### TIME

The masterclass runs from 10.00am to 5.00pm.

#### FEES

£185.00 incl. VAT (for non-subscribers)  
£155.00 incl. VAT (for subscribers)

#### BOOKING PROCEDURE

Please fill in an application form on-line at:  
[www.coaching-at-work/masterclasses](http://www.coaching-at-work/masterclasses)

#### DRESS

Please wear comfortable clothes and shoes.

#### CATERING

Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements on booking.