MENOPAUSE COACHING · CLEAR PATH THERAPIES

Feel Like *Yourself Again.*

Personalised menopause coaching to support you through every stage — physical, emotional, and psychological. You don't have to go through this alone.

MENOPAUSE COACHING
HEXHAM, NORTHUMBERLAND

Menopause coaching provides personalised, holistic support to help you understand and manage the physical, emotional and psychological changes you're experiencing — and rebuild confidence, balance and a sense of self.

HOW MENOPAUSE COACHING CAN HELP

Understand Your Symptoms
Brain fog, anxiety, low mood — make sense of what's happening

Rebuild Confidence & Identity
Rediscover who you are and feel empowered again

Improve Sleep & Energy
Practical strategies to rest better and feel more like yourself

Emotional Balance & Calm
Develop coping strategies for mood swings and anxiety

WHO IT'S FOR & WHAT TO EXPECT

Who is this coaching for?

- Women in perimenopause or menopause
- Those with emotional or cognitive symptoms
- Professionals managing work alongside symptoms
- Anyone wanting to feel more like themselves
- Those seeking non-judgemental support

What you can expect

- Tailored support based on your individual needs
- Practical, realistic strategies that work
- A safe, confidential space to talk openly
- Holistic — mind, body and everyday life
- Ongoing encouragement and accountability

This is your time to reset. *Support starts here.*
FREE INITIAL TELEPHONE CONSULTATION · NO COMMITMENT REQUIRED

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Get in Touch