

# Programme Options

At '40s Woman and Beyond' Anna Black, Perimenopause Coach and PT, and Gen Hallam, Nutrition Coach, have developed four '40s Woman and Beyond' packages drawing from the latest research enabling leaders to support their people agenda and create positive impact.



## Talent Retention

A 2022 House of Commons All-Party Parliamentary Group Menopause Inquiry has found that almost a million women in the UK have left jobs as a result of menopausal symptoms, with women often at the peak of their careers during the menopause transition. The Fawcett Society report into Menopause and the Workplace shows that as many as 1 in 10 women working during menopause, decide to leave their employment. This is an opportunity for forward-thinking employers to retain, support and attract this age group through providing informative, motivating and uplifting events.

'I'm so grateful Camden Council has provided this information for us. We know it's not work-related but it does affect us at work'

Camden Council Employee

"A huge thank you to Anna and Gen for their insightful and engaging session on perimenopause. It's important to have these honest and open conversations to support and inspire each other to live our best lives here at Boden. Our people came away with realistic advice that they said felt relatable and empowering."

Boden

## Our Products

### Elevate: Lunch and Learn for Everyone in your Workforce

60-minute in-person event. The perfect way to introduce the impact of physical changes employees will experience pre, during and post-menopause, increase understanding throughout your workforce and provide some top tips in an accessible and incorporative format. An ideal introduction for everyone in your workplace.

### Uplift: Harnessing Power, Productivity, and Performance in our 40s and Beyond

2-hour in-person event. An immersive and uplifting event discussing the physical changes women experience and the small life updates that help them take control and thrive. This package allows those attending to relax, talk, and come away feeling positive and empowered about their future in the workplace. The perfect event to support and inspire women in their late 30s, 40s, and 50s.

### Understand: It's Not Just a Hot Flush. Lunch and Learn for Leaders and Colleagues

60 minutes zoom event: It's Not Just a Hot Flush. This is an awareness session for the whole workforce, including team leaders, to enable them to support and get the most out of their employees who will experience peri-menopause. An inclusive presentation to increase understanding around peri-menopause for all your workforce.

### Thrive: An In-depth Look at Change in your 40s and Beyond

5 x 1-hour sessions. A deeper look into the science, research, changes, and ultimately the life updates employees can make to support their bodies with movement, nutrition, and lifestyle to thrive in the workplace before, during, and after menopause. A series of presentations, perfect for organisations looking to build their menopause wellness offering.



The Blair Partnership

BODEN

Anna Black

07719 810 702

anna@40swoman.co.uk



annablackpt.co.uk/40s-woman-event-packages/

Gen Hallam

07989 648 924

gen@ghnutritioncoaching.com



ghnutritioncoaching.com

# Introducing



Anna Black & Genevieve Hallam

## Anna Black Peri-menopause Coach & PT

Following a career in contracting for global travel companies, I took a break in 2013 to have children. Having always loved exercise, I studied with the American Council of Exercise (ACE) whilst living in Singapore, and on returning to the UK worked as a Personal Trainer for a number of years.

In 2019, noticing the lack of information and support for women experiencing peri-menopause, I studied and certified in "3rd Age Menopause" with Burrell Education, and then with Dr. Stacy Sims in "Menopause 2.0".

Since 2020 I have run numerous '40s Woman and Beyond' events, from zoom sessions to day retreats, within organisations and the community. This age can present new challenges, but understanding what can happen and how to take control uplifts and empowers these women who have so much experience, wisdom and knowledge and allows them to thrive in the workplace.

## Genevieve Hallam Nutrition Coach

After a first career in development planning, working for some of the world's largest multi-disciplinary engineering consultancies, and then setting up a successful family engineering business, I decided to move my career in a new direction and became certified as a Nutrition Coach with Precision Nutrition, the world's largest, and most respected, private nutrition coaching education provider, in early 2022.

I coach clients 1-2-1 and in group settings, instilling long-lasting behaviour change by identifying what they want to accomplish, learning how they live, discovering what's really important to them, and finally working with them to create the right nutritional approach based on their goals and lifestyle.

In 2022, I started working with Anna Black on 40s Woman and Beyond events, inspired by her drive to share her extensive knowledge of peri-menopause and its impact on all aspects of our lives in an accessible format. Together we strive to empower organisations and their people with positive steps that they can take to allow women to thrive at this stage of their lives and careers.



● Anna Black

☎ 07719 810 702

✉ [anna@40swoman.co.uk](mailto:anna@40swoman.co.uk)

🌐 [annablackpt.co.uk/40s-woman-event-packages/](http://annablackpt.co.uk/40s-woman-event-packages/)

● Gen Hallam

☎ 07989 648 924

✉ [gen@ghnutritioncoaching.com](mailto:gen@ghnutritioncoaching.com)

🌐 [ghnutritioncoaching.com](http://ghnutritioncoaching.com)