

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.



Camden

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