



What About Me?

A programme designed for women in leadership and business

As a highly experienced and trained employer, manager, coach and mentor, Rae has the knowledge and skills to help you find yourself again, take control of your life and find happiness and success for yourself amongst the craziness of it all!

This one-on-one programme has been designed to help you take control of your life and give you back some me-time. Tailored for women of all ages, this is your chance to stop and take stock of what is happening in your life.

Rae has a particular interest in helping women who are running a business or building a career while also supporting children, perhaps have elderly parents who are needing your care and support, all while experiencing some (or a lot) of the symptoms of menopause.

This programme helps you to:

- Take stock of your life
- Discover what you CAN control
- Say NO
- Prioritise your time
- Create “me time”
- Make time for training, learning and development
- Advocate for yourself - particularly around your options re menopause symptoms

This course consists of up to six hour-long sessions over 6 months. It will be tailored to suit you and your needs.

Note that Rae is not medically trained but has a wealth of knowledge to share, as a woman who has a successful career whilst experiencing many tough peri-menopause and menopause symptoms - as a mother, wife, friend, daughter, employee, team manager, gardener, taxi driver, cook

If you are interested in this “What About Me” programme and would like to book a discovery call, contact Rae via these links:

