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Kate Cook

The Business of Wellness



The M-Word **Tackling The Menopause head on.**

Kate Cook (wellbeing specialist for nearly 25 years) brings her considerable nutrition expertise, inspiration and practical know-how to the thorny topic, that dare not speak it's name.

For many of us, who have been through this rite of passage and are on the other side, the menopause was a word that we were ashamed to speak of; thank goodness, in recent years, as the baby-boomers reach this milestone, the challenges of what used to be called "The Change" has been openly discussed, debated and brought to the fore. However, there is still no handbook of how we can best navigate the choppy waters of fluctuating hormones, with all the distress that this can trigger.

What if there was a better way?
In truth, the menopause is not something to dread, dismiss or ignore, but something to celebrate as women, that we pass into our wisdom and ultimately our power – but we need to feel in control, grounded and healthful to grab these golden promises of something better on the other side.

In this session, Kate looks at what exactly is happening when the hormones head South, and how, with some careful nutritional strategies, the uncomfortable fluctuations can be minimised and for the shortest amount of time.

If you are looking for a **practical, cutting edge, fast-paced, entertaining, and inspirational session** to help your female staff of a certain age, then get in touch with Kate directly through this link:

Let's talk

— TESTIMONIALS —

"I attended the session you ran for GE Women's Network back in January and was absolutely blown away by it."

*Sally Ann Abraham
HR Manager, GE Healthcare - Life Sciences*

"I just wanted to let you know that I think you've actually changed my life."

Individual, Canon

"We had an informative and exciting session, which was not only enjoyable but transformative too..."

On a personal note, I have embraced so much of what Kate spoke about and feel a huge difference in my energy."

Lancôme (L'Oreal)

About Kate

Kate has worked with individuals and corporates to create happier and healthier workforces that boost performance for nearly 25 years. She is a top UK wellness and nutrition expert:

- Founder and director of the Harley Street clinic The Nutrition Coach
- International keynote speaker
- Personal experience with more than 7,500 patients face to face
- Extensive TV appearances and an acclaimed TEDx talk for Fidelity Intl.
- Portfolio of world-leading corporate clients
- Author of seven books.