



A MENSTRUAL HEALTH INFORMED APPROACH

Prospectus:

A biology-led framework for understanding ovarian ageing, rhythmic hormone signalling, and menstrual health as the 5th vital sign.

themenopauseschool.com



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Thank you for your interest in our training courses and programmes.

Our flexible, fully online format is designed to fit around your professional and personal commitments, giving you access to high-quality learning materials, support from the mentoring team, and our global community of under & postgraduates.

Throughout this programme, you will engage with a syllabus, researched and designed by Fiona Catchpowle, accredited by the International Practitioners of Holistic Medicine, inline with BS30416, and The International Menopause Society Recommendations (2025).

We cover essential topics such as ovarian aging, menstrual health across life stages, applying knowledge and skills to real life experiences, and improving health outcomes..

Our teaching connects real-life experiences with practical tools, making sure you feel fully confident to support menstruators through today's health challenges. You will learn how to champion positive changes in menstrual health awareness, exactly where it matters most – from individual wellness plans to workplace support and local group projects.

Through our easy-to-follow learning platform, you will gain the knowledge, practical skills, and confidence to become a trusted leader with a menstrual health-informed approach, and make a real, lasting difference to the lives of everyone in your community, and beyond.

Fiona Catchpowle
Creator & Founder

Is The Menopause School Right for You?

You want to enhance your current wellness modality by gaining a deep, accurate understanding of menstrual health literacy, allowing you to answer your clients' questions with absolute certainty and authority.

You need to be able to easily separate fact from fiction in a world full of conflicting information, ensuring you can cut through the noise and give advice that is truly evidence-based and trusted.

You want to know exactly how to support your clients when you are asked to, while learning how to safely and effectively signpost them to healthcare professionals, and guide them on self-advocacy.

You are ready to expand your practice and open new doors, giving you the confidence to bring your skills into workplaces, local group projects, and other opportunities as a trusted menstrual health-informed professional.

You need a flexible, fully online, part-time programme that fits around your work and personal commitments, allowing you to study at your own pace from anywhere in the world.

Great, you're in the right place!



Our Why

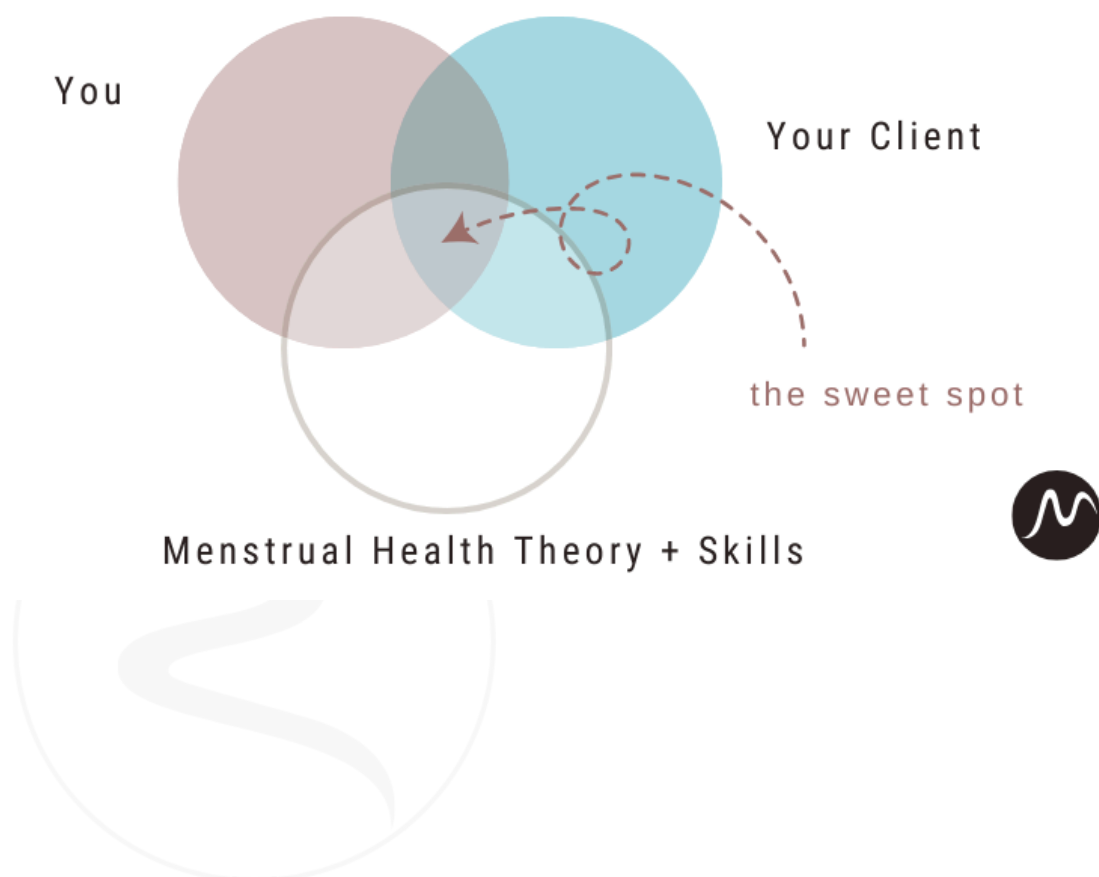
A Brighter Way of Thinking

Too many people move through menstrual health challenges without being guided by professionals who know what to say, when to say it, and how to speak with clarity and confidence. **Menstrual health** has long been taught in fragments, meaning support often begins too late.

We choose a different approach. Instead of starting partway through the experience at menopause, we begin at the beginning, so understanding can develop earlier and carry forward over time.

For many, the absence of guidance means period pain, mood shifts, and bleeding patterns are absorbed into everyday life without knowing who to turn to. People rarely seek early support; they wait until discomfort or confusion forces the issue.

We exist to change that.



The Menopause School Method™

Clear biology. Practical application.

Our approach expands menstrual health education into menstrual health literacy across life stages, supporting practitioners to place what a person is experiencing into a wider biological context, rather than viewing changes in isolation.

At its heart, our methodology helps people make sense of change.

When individuals understand what is happening in their body and why, decisions make sense, conversations become calmer, and confidence to create a self-care strategy grows.

Practitioners trained in our way of thinking learn to:

- **Listen first:** Creating space for personal knowledge and lived experience.
- **Link:** Connecting lived experience with a great menstrual health history.
- **Translate:** Turning health history into relevant, meaningful insight.
- **Guide & Support:** Building client understanding and confidence.
- **Nurture:** Enabling clients to take practical next steps and advocate for themselves.

The underlying biology stays the same across all life stages.

The Six Pillars and Supporting Biology remain consistent. Practitioners choose how they apply the knowledge in practice - either as standalone menstrual health mentoring, or woven into their existing way of working.

This is the thread that connects all Menopause School education.

This makes it possible to work with people of different ages, menstrual cycle experiences, and support needs, while staying within their professional scope and values because they are now menstrual health-informed.

This is menstrual health literacy across life stages.

The Six Pillars of Our Approach

- **Pillar 1:** Everything starts with menstrual health
- **Pillar 2:** Ovaries are essential endocrine organs (beyond the bleed)
- **Pillar 3:** The brain-ovarian-hormone conversation **rhythm** shapes menstrual health
- **Pillar 4:** Ovarian activity has a predictable sequence of **rhythms** over age
- **Pillar 5:** Ovarian aging and sex hormones are part of a bigger picture
- **Pillar 6:** Menstrual health knowledge enables informed choice

Language Policy

1. Clear biology first

We use biologically accurate language that reflects how the body functions, rather than shorthand or metaphor that blurs understanding.

2. Gender-neutral biological language

We use inclusive, gender-neutral terms when discussing biology, recognising that all humans produce hormones and that hormones themselves do not have a gender.

3. Describe, don't diagnose

We describe what is happening in the body and why it matters, without implying failure, deficiency, or something going wrong.

4. Timeline-led language

Our explanations are anchored in the menstrual health timeline and ovarian ageing, not isolated life stages or lists of symptoms.

5. Relevant and meaningful language

Words are chosen to make menstrual health biology understandable and usable, helping people translate theory into practical insight and informed action.

FOUNDATION LEVEL

The New Menopause Biology

Why take this course?

You cannot fully understand menopause without first understanding the underlying biology of the menstrual cycle and ovarian ageing.

This course is designed to save you hours of independent research by delivering the essential data you need in an accessible format.

How it enhances your existing work:

This course overlays a menstrual health-informed lens onto the work you already do. By understanding menstrual health biology, you can seamlessly blend this knowledge into your current modality, allowing you to show up with greater authority and handle client conversations with ease and professional boundaries.

The curriculum: provides a fact-based ovarian ageing across five key areas:

- **Ovarian Ageing & The Menstrual Timeline:** The blueprint of ovarian ageing and how it shifts across life stages. .
- **The Sex Hormones:** A look at how ovarian and non-ovarian sex hormones influence 150+ functions in the body via the eleven organ systems and 25 interconnected signalling molecules.
- **The Hormone Heartbeat:** Understanding how the rhythm of the menstrual cycle drives overall health, and learning the signs of different cycle patterns. .

- **Scientific Frameworks:** An introduction to the sensitivity framework and established industry benchmarks, including the SWAN study and STRAW+10.
- **The Journey of Menopausal:** The bigger picture of healthy ageing, including the internal and external co-factors, risks, and consequences of ovarian ageing.

Course Structure & Practical Delivery

- **Format:** Self-paced, online, and ready to start anytime (after 13.07.2026)
- **Components:** 6 short modules featuring pre-recorded video lessons and practical integration tools.
- **Community:** Access to LIVE onboarding and regular networking Q&A calls so you can discuss the concepts and never feel isolated.
- **Credentials:** Certificate on completion (subject to a pass rate)
- **The Foundational Stepping Stone** for all further program accreditations.

Who This Is For:

Professionals who have an active interest in menstrual health and supporting others – such as holistic health coaches, personal trainers, aestheticians - who want to master the biological fundamentals without overcomplicating things for themselves or their clients.

Ready to get started? [Click here](#) ➔

LEVEL ONE

Menstrual Cycle & Menopause Awareness

Why take this course?

When you understand how ovaries work in terms of a single menstrual cycle and how they connect sequentially, you gain a practical biological blueprint to work from. This course transitions you from foundational knowledge to practical integration. It skips the complexity to give you a clear, structured methodology for supporting menstrual cycle health and awareness.

How it enhances your existing work:

We teach you a practical framework - **the Rhythm Within™ Method** - to work alongside the **New Menopause Biology** knowledge in the foundation-level course. You can utilise this in multiple ways:

- **By learning how to** guide clients through tracking their own cycles, you expand your professional skill set, and become a trusted, menstrual health-informed practitioner your clients turn to for reliable baseline guidance.
- **By implementing the method** you can listen for menstrual health-specific cues, and use hormone detective skills to modify your own strategies and protocols.

It's about making the biology work best for you and your clients.

The curriculum delivers an in-depth pragmatic look at cycle tracking, phase-based variations, and client supportive tools across five key areas:

- **In-Depth Cycle Biology:** Understanding how the menstrual cycle works, focusing on ovulation and menstruation as the two main anchor points.
- **The Rhythm Within™ Method:** Learning how to use this framework to teach and support clients across four phases.

- **The Sensitivity & Observation Framework:** Spotting the difference between normal cycle changes and variations, so you know when to offer lifestyle support or help clients speak to a healthcare professional.
- **The Menstrual Health Toolkit:** Creating practical tools for clients using "5 Virtual Vitamins" and basic nutrition principles.
- **Lifespan & Health Co-factors:** Looking at how everyday environmental factors affect health and how cycle patterns change over time as a person ages.

Course Structure & Practical Delivery

- **Format:** Self-paced, online, and ready to start anytime (after 13.07.2026)
- **Pre-requisite:** Successful completion of the New Menopause Biology (Foundation Level).
- **Components:** 6 compact modules featuring pre-recorded video lessons, materials, and actionable implementation tools.
- **Community:** Access to LIVE onboarding, regular Q&A calls. Community Access to discuss framework integration.
- **Credentials:** Certificate on completion (subject to a pass rate)

Who This Is For:

Professionals who want a wider, practical menstrual health lens and a proven system to help clients develop awareness of their individual cycle health.

Ready to get started? [Click here](#) ➔

LEVEL TWO

Menopause Doula Training Program

Why take this course?

This is the flagship certification that moves **'beyond the biology'** into the practical care of menopause - from periods to perimenopause and beyond, featuring an **all-new 2026 IMS-influenced curriculum**. This training turns advanced science into meaningful, everyday skills so you can confidently guide and support others along the entire menstrual health timeline.

How it enhances your existing work:

This course equips you with **Menopause Talking Therapy™ skills** - a structured approach rooted in clarity, calm, and connection. Within our menopause mapping principles, you gain the skills required to mentor and signpost clients effectively, helping them navigate menstrual health challenges and healthy ageing.

The curriculum delivers a practical look at advanced care, mapping principles, and mentoring methods across five key areas:

Advanced Support Skills: Turning foundational biology into practical skills to guide, nurture, and support individuals across life stages.

Menopause Talking Therapy™: Mastering a framework that was designed from lived experience to carefully create clarity, calm, and connection, for both client and professional.

Menopause Mapping Principles: Learning how to collate a great menstrual health history across five core areas: *Menstrual Cycle Health, Ovarian Activity, Nervous System Regulation, Mindset, and Knowledge*.

Signs, Indicators & Symptoms: Identifying signs of physiological change, understanding individual symptoms, and analyzing the broader impacts of ovarian ageing.

Lifespan Mentoring & Signposting: Developing the practical skills needed to help clients manage their own menopause health effectively and safely.

Course Structure & Practical Delivery

Format: Self-paced, online, with structured start and finish dates.

Pre-requisite: Menstrual Cycle Awareness Mentoring (Level One).

Components: 6 modules featuring pre-recorded video lessons, LIVE coaching, Q&A sessions, and free postgraduate masterclasses.

Community: Lifetime Community Access to discuss framework integration and remain connected with peers.

Credentials: IPHM accredited certification upon completion (subject to case study submission),

Who This Is For:

Advanced practitioners who want a complete, menstrual health-informed approach to menopause care, enabling them to work with clients to guide, nurture, and support them effectively using an established method.

Ready to get started? [Click here](#) 