



Corporate Course Syllabus

Women's health, Menopause & Sustainable Performance

Practical, evidence-informed workplace education for healthier people, stronger cultures and more sustainable performance.

Nutrition | Movement | Wellbeing | Sleep

Corporate Course Menu

Choose a standalone session, build a themed programme, or ask us to create a bespoke series for your organisation.

Menopause & women's health

- Why Women's Health Matters?
 - Complimentary 30-minute leadership briefing
- Signs, Symptoms & Solutions
- Menopause 4 Managers
- Understanding Menopause: Supporting Partners | Men Meet Menopause
- HRT, Medical & Non-Hormonal Solutions
- Lifestyle Approach to Menopause
- Coping Mechanisms for Menopause
- Menopause Champions
- Women's Health, Stress & Sustainable Performance
- Managing Health Conversations
- Move More Through the Menopause
- Menopause & Mindset
- Effects of Menopause at Work & Home

Men's health

- What Men Need to Know - and are Afraid to Ask
- Let's Talk About Men's Mental Health
- Does the Male Menopause Exist?

Stress & sustainable performance

- Workplace Stress & Burnout
- Understanding Stress
- Managing Stress
- Women's Health, Stress & Sustainable Performance
- Ditch the Resolutions

Keynotes, conference & media

- Keynote speeches & motivational speaking
- Conference presentations & panels
- Media appearances

All courses can be made bespoke to your company requirements.

Sessions can range from a 30-minute leadership briefing to workshops, manager training, conference presentations and wider programmes.



Women's Health & Menopause



Why Women's Health Matters?

A complimentary 30-minute briefing for HR and senior leaders on why women's health belongs within organisational culture, leadership and workplace wellbeing.

Signs, Symptoms & Solutions

Physical and psychological symptoms and evidence-informed support options.

Menopause 4 Managers

Give managers confidence to recognise potential impact and hold supportive conversations

Menopause Champions

Equip champions to listen, support and signpost.

Menopause & Mindset

Confidence, emotional wellbeing and practical strategies through change.

Managing Health Conversations

Sensitive and constructive women's health conversations.

Supporting Partners

Men Meet Menopause Help partners understand menopause and meaningful support.

Effects of Menopause at Work & Home

Working life, relationships, confidence and everyday wellbeing.

Health, Hormones & Lifestyle



HRT, Medical & Non-Hormonal Solutions

Treatment options, myth-busting and appropriate clinical signposting.

Lifestyle Approach to Menopause

How nutrition, movement, wellbeing and sleep support health through menopause and beyond.

Move More Through the Menopause

Movement for strength, bone health, energy and confidence.

Coping Mechanisms for Menopause

Practical strategies to manage day-to-day menopause challenges at work and at home.

Managing Health Conversations

Sensitive and constructive women's health conversations.

Women's Health, Stress & Sustainable Performance

How women's health, life stage and stress interact with sustainable performance.

Men's Health



What Men Need to Know - and are Afraid to Ask

A straightforward midlife health conversation covering physical health issues, prevention and earlier support.

Let's Talk About Men's Mental Health

Build understanding and challenge barriers to speaking up or seeking support.

Does the Male Menopause Exist?

Testosterone, hormonal change, ageing and the evidence behind the term.

Men's health sessions can stand alone or sit alongside women's health education as part of a more inclusive workplace wellbeing programme.

Stress & Sustainable Performance



Workplace Stress & Burnout

Recognise warning signs and create healthier, more sustainable working patterns.

Understanding Stress

Where stress comes from and how it affects body and mind.

Managing Stress

Practical tools to manage pressure, protect wellbeing and support sustainable performance.

Ditch the Resolutions

Replace short-lived resolutions with realistic behaviour change and sustainable habits.

Trudi Roscouet Speaker, Educator & Women's Health Advocate



Keynotes, conferences and media

Trudi is the founder of Vitality40Plus and Eve Studios, a Women's Health and Menopause Coach and member of the International Menopause Society. Her background spans the corporate world, health and fitness, workplace wellbeing and women's health advocacy.

Alongside workplace education and consultancy, Trudi delivers keynote speeches, conference presentations, panel discussions and media appearances on women's health, menopause, midlife and sustainable wellbeing.

Her talks combine evidence, lived experience, humour and powerful storytelling, exploring reinvention, resilience, ageing, confidence, workplace culture and what it means to thrive through change.

From her TEDx talk Men, Meet Menopause to corporate conferences, presentations can be tailored to the event theme and audience.

From a single session to organisational change



Course Syllabus

What can we book?

Standalone talks, workshops, manager training, awareness sessions, keynotes and bespoke programmes.

VITAL Framework™

How do we embed menopause support properly? Readiness review, action planning, policy and infrastructure, training, activation, measurement and ongoing leadership.

Ready to start a conversation?

Trudi Roscouet - Founder, Vitality40Plus

trudi@vitality40plus.com

+44 7797 799513 vitality40plus.com