

Mindful Menopause Programme

Support to have a calm and positive menopause



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about positive menopause

I am a certified and registered clinical hypnotherapist, mindfulness instructor and Mindful Menopause Practitioner.

Oh...and I'm a woman with experience of menopause so I get it!



About

With the right tools, you can change your experience of Menopause

Being a woman, it happens, the M word... there's no escaping it... menopause, and being a woman, just to be sure you don't miss out on the menopause...it all starts with that peri-menopause.

How we react and respond to menopausal changes can make all the difference to how we think, feel and behave which in turn influences the quality of life during menopause.

Menopause support is available in many ways, such as from GPs, clinics, HRT, but gaining knowledge, an understanding of what is happening to your body and developing self-help strategies has the potential to empower you to embrace your menopause journey rather than just riding out the menopause storm.



Testimonial



“Carol made me feel safe and comfortable and it was easy to talk to her.

She made me feel that anything is possible and she has a lovely voice to listen to. I would highly recommend her to anyone.”

Helen, Mindful Menopause Client

Services & Fees

Mindful Menopause options available:

Menopause Support Appointment: £70

Mindful Menopause Programme: £250

The programme offers a combination of hypnotherapy and mindfulness, providing empowering and practical techniques to enhance your positive menopause experience. It includes:

- Four personalised appointments
- Materials to support your positive menopause experience
- Three MP3 audios to enhance your positive menopause mindset

To assist you, programme appointments can be scheduled over an agreed-upon timeframe.

A 20% discount for NHS, Care, Emergency Services, and Armed Forces applies to all sessions and packages.





Extra Info

Free Initial Consultation

To help you decide if working together could benefit you, I offer a no-obligation free phone call. This is a chance to explain the help you require, find out more about how we can work together, and ask any questions you may have. Please contact me to book.

Mindful Menopause for Groups

Please enquire for details.

Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: enquiries@hypnomind.co.uk

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***