

Andrea Marsh

MENOPAUSE SPECIALIST | SPEAKER | AUTHOR



About Andrea

When Andrea found out she was menopausal in 2017 she was relieved! It meant she wasn't depressed and she could use her 20 years of Chinese medicine and energetic therapy knowledge to work out how to alleviate her symptoms and support her clients too.

From her former career in media, Andrea has taken her skills and set on a mission to share this information with women; hosting talks and events, writing her successful natural solutions book **Understanding Your Menopause** and guested on BBC & Digital Radio, podcasts, Instagram lives and is regularly invited to speak at major menopause events.

Andrea has worked with local companies in Cheltenham and national ones.

Popular presentation options

Understanding Your Menopause

45 minute talk + 30 minute Q&A: £285

You will learn what the difference between peri and menopause is, how it affects you emotionally and physically. Nutrition, diet, exercise, selfcare, stress, overwhelm, anxiety, lifestyle, supplements and natural solutions are all covered.

You'll come away with skills and understanding that you can apply to your life right now; where small changes add up to a big difference.

Workplace and Menopause

45 minute talk + 15 minute Q&A : £285

Women 45-55 are a growing number and with women working until 67 supporting them through their hormonal transition is imperative to ensure they remain in the workplace and are supported.

Tailored specifically for management, to understand and support your staff in the workplace. You will learn the practical skills required to support your menopause policy.

Bespoke talks are available (additional charge)

talk testimonials

"Andrea's energy and enthusiasm kept our audience engaged throughout. Her passion and expertise on the subject shine through. She is super easy to work with, personable and we'll definitely work with her again." Alexis Dowd, Wellbeing Umbrella

"Andrea's breadth of knowledge around the menopause and her passion made this a really valuable training session for our line managers. It's helped to increase understanding around the menopause in order that we can all better support our colleagues." Jo Rea, HR Business partner, Cheltenham Borough Homes

"Andrea gave a presentation at work; it was informative and inspired me to look into alternative options to HRT and has given me the opportunity to be in control of my menopause." Helen Osbourne

feedback



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cotswoldmenopause.co.uk

"Helped me turn my life around" | "Really Motivating!" | "Incredible and life changing"