

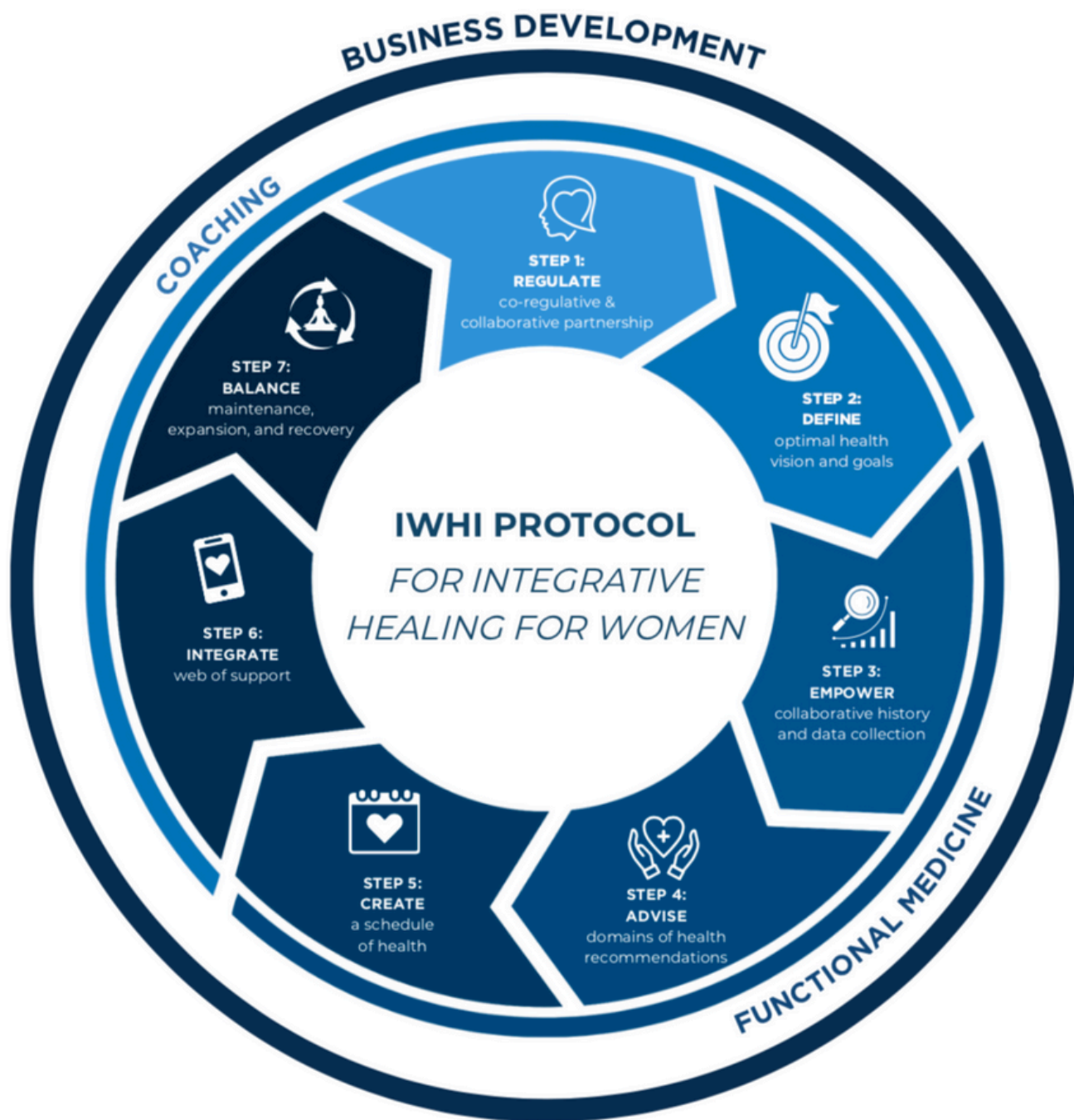
THE  
integrative  
women's health  
INSTITUTE

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# How to Build a Thriving Perimenopause & Menopause Health Coaching Practice

*WORKBOOK*





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# Regulate



- Is your client able to easily regulate her nervous system in any situation?
- Does your client rest in regulation most of the time?

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## 2

# Define



- What is your client's definition of health?
- How will she feel?
- What does healthy look like to her?
- When will she know she is healthy?

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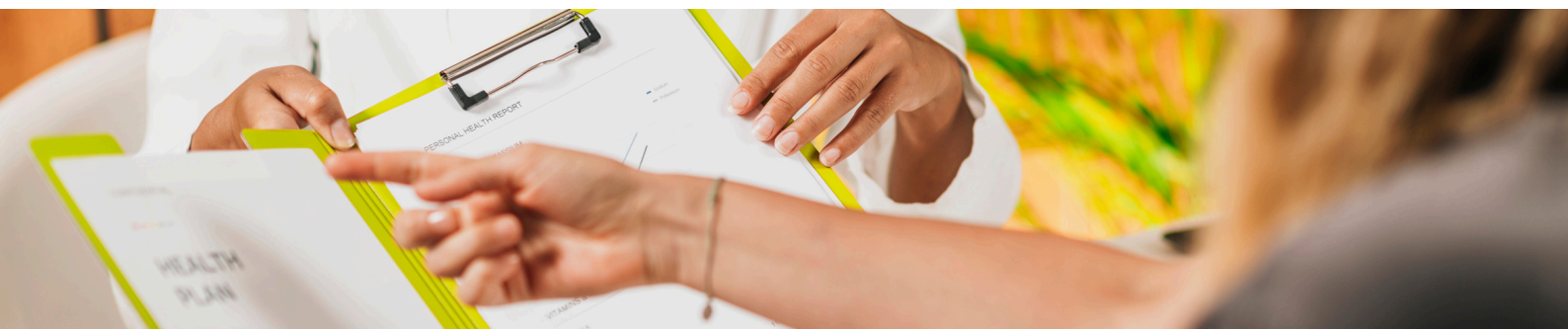
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# Empower



**Based on her health story, priority symptoms, vision and goals, start with the most impactful testing.**

- Gut
- Mold/ yeast
- Urinary OAT
- Brain neurotransmitters
- Nourishment
- Mitochondria

**Also and concurrently...**

- HRV, sleep, and stress tracking
- CGM
- FH, LSH, AMH
- DUTCH
- TSH, T4, T3, rT3, thyroid antibodies
- GI MAP
- Foundational Health Testing



# Advise



- What are her priorities?
- Where does she feel ready to begin?
- What feels easiest to her?
- What is she willing to give up to make these changes?
- What are her motivators?
- How does she like to be held accountable?

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# Create



- Start building out her health behavior changes into her schedule.
- What is non-negotiable?
- How will she navigate changes in her schedule?
- What happens when life gets in the way and she skips a day?

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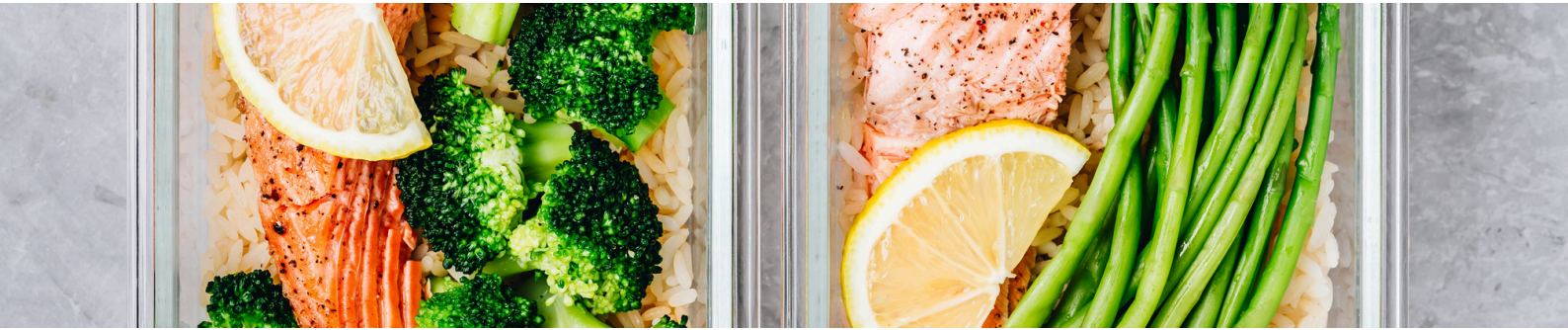
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# Integrate



What support will she need to be sure that she consistently implement the behavior changes that she commits to?

- Meal prep
- Childcare
- Accountability

What else?

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# Balance



After her first program (3, 6, 12 months?), does she feel ready to maintain these behavior changes?

Has she truly transformed? (ex. *She now sees herself as a person who lifts weights or takes daily supplements. It's part of her identity now.*)

What will your follow-up plan be? She may have new goals at this point.

She may want to solidify her gains and then follow up in a few months to re-vision at her new level of health.

Make a plan. (This is your key to building a successful practice over time... Repeat clients.)

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