

FREE RESOURCE



# THRIVING THROUGH CHANGE **MENOPAUSE SURVIVAL**

Empowerment Kit

MARIA WANDELSTAM | EXECUTIVE COACHING



# BEFORE WE START...

If you are holding this guide in your hand, I assume that you and I are in the same magical phase in life.

This guide will help you embrace the change, talk more about menopause and understand how you can use the superpowers that comes with the change.

*Wish you all the best.*

*Maria*

# MENOPAUSE SURVIVAL: LET'S DIVE IN TO

- WHAT'S YOUR MENOPAUSE MINDSET?
- KNOW YOUR BODY, KNOW YOUR POWER
- MENOPAUSE TALK MADE EASY
- MENOPAUSE - LEADERSHIP SUPERPOWER
- 7 DAYS TO MENOPAUSE CONFIDENCE



 Have you met  
Maria?

Maria Wandelstam - executive coach and a former global L&D leader who been in corporate for 27 years, who helped leaders all over the globe to take their leadership and career to the next level.

***"I don't do cheerleading. I help professionals get results by treating their career and rebrand like a business strategy, not a hobby."***



## Let's have some fun

# What's your menopause mindset?

Menopause affects us all differently. Discover your Menopause Mindset with this fun quick quiz . Let us all thrive during this powerful life stage!

**How do you typically approach new or challenging situations?**

- A: I tackle them head-on, even if it's scary.
- B: I research endlessly to make sure I get it right.
- C: I wait until I feel ready or the time feels right.

**What's your usual response to physical or emotional discomfort?**

- A: Push through it.
- B: Figure out why it's happening, create a plan to address it.
- C: Pause and reflect before deciding my next step.

**How do you handle conversations about menopause with others?**

- A: I'm upfront and honest—I normalize it wherever I can.
- B: I prepare facts and practical advice to share when asked.
- C: I wait for the right moment to bring it up if needed.

**When thinking about self-care during menopause, what describes your approach best?**

- A: Self-care is non-negotiable; I make time no matter what.
- B: I'm systematic, focusing on what will give me the best results.
- C: I prioritize self-care when I feel it's needed most.

**What's your attitude toward change in general?**

- A: Change is an opportunity to grow and thrive.
- B: I evaluate the risks and rewards before diving in.
- C: I take it slow and steady - it's a marathon, not a sprint.

### Mostly A: Warrior

You're bold, proactive, and determined to conquer menopause with strength and resilience.

### Mostly B: Strategist

You approach menopause thoughtfully, using planning and knowledge to manage the transition.

### Mostly C: Navigator

You're intuitive and reflective, navigating menopause with mindfulness and adaptability.

# KNOW YOUR BODY, KNOW YOUR POWER

Track your menopause journey with this weekly tracker. Understand patterns, identify triggers, and embrace your body's changes.

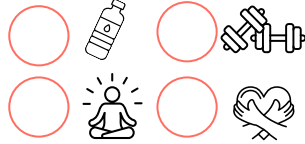
**Monday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Tuesday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Wednesday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Thursday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Friday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Saturday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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**Sunday, date:** \_\_\_\_\_

My sleep last night was



Approx. hours \_\_\_\_\_

**Positive Habits**



**Symptoms, rate 1-5**

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Hydration



Exercise



Mindfulness



Self-care

# Breaking the silence

## Menopause talk made easy



Don't know how to start the conversation?  
Here are simple, confidence-boosting  
phrases to use in different situations

### With your partner

"I've noticed some **changes in my body** lately, and I'd love to share **what I'm experiencing** with you."

### With your girlfriends

"Ladies, have any of you noticed how **different things** **feel** these days? I think it's time we **normalize talking** about menopause."

### At work

"I've been managing some **health changes** recently and want to keep you in the loop about how I'm **maintaining my productivity**."



## Flip the script **Menopause as your leadership superpower**

Menopause teaches resilience, adaptability, and emotional intelligence - skills every leader needs. Here's how to turn these into career strengths.

### Resilience



You've handled sleepless nights and hot flashes. Channel this into tackling work challenges with grit.

### Adaptability



Your body changes daily; use this adaptability to embrace new roles or responsibilities."

### Emotional Intelligence



Empathy and self-awareness grow during menopause. Leverage these in team leadership and conflict resolution.

**Reflect for 10 minutes.**

My superpowers are.....

And this is how I show my superpowers.....



ARE YOU UP FOR A CHALLENGE?



## 7 DAYS TO MENOPAUSE CONFIDENCE

### Day 1

Write down three things you love about yourself.

### Day 2

Try a 10-minute mindfulness exercise.

### Day 3

Share a fun menopause meme or story with a friend.

### Day 4

Declutter one small area of your home or workspace.

### Day 5

Drink an extra glass of water today.

### Day 6

Compliment another woman in your life.

### Day 7

Reflect on your wins this week and celebrate them!

# NEED A CAREER STRATEGY THAT ACCTUALLY WORKS?

Book a free strategy call at  
[www.mariawandelstam.com](http://www.mariawandelstam.com)

Executive Coaching for  
professionals and teams



*I don't do cheerleading.  
I help professionals get results by treating their career  
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*:) Maria*