



# ANCHOR PROGRAMME



The Anchor programme is a 3-week foundation coaching course, designed as a starting point for women to explore your symptoms and the impact endometriosis and your menstrual health is having on your home and work life. We'll consider lifestyle and well-being helping you understand what's possible and explore the support you'll need for change.

This foundation programme is perfect for anyone looking for information, clarity and support for endometriosis and their menstrual health, before committing to a longer more in-depth coaching programme.

We'll meet weekly, via 1 hour 1:1 online sessions, at a time that suits you.

## UNDERSTANDING YOUR CYCLE, SYMPTOMS AND YOUR NEEDS

- ~ We'll examine your cycle, symptoms, treatment plan, and all the ways endometriosis is affecting your home, social and work life and your family and relationships
  - ~ Identify what's important to you to enable you to thrive, your aspirations and goals
    - ~ Assess lifestyle factors

## PERSONALISED REVIEW & NEXT STEPS

- ~ Identify what's important to you to thrive, your aspirations and goals
- ~ Exploring the benefits of nutrition and well-being and their positive impact on hormonal balance and symptoms
  - ~ Understanding what's possible with exercise and lifestyle
- ~ Explore practical routines and habits that could support your health and well-being

## UNDERSTANDING YOUR CYCLE, SYMPTOMS AND YOUR NEEDS

- ~ A review of your plan and deeper look into possible changes you can make and strategies to explore
  - ~ Guidance on preparing for medical appointments and surgery
  - ~ Guidance for workplace/friends/family challenges
- ~ Identifying medical or workplace challenges and discussing advocacy strategies
  - ~ Summary of key insights and recommendations for ongoing self-care
  - ~ Signposting to wider information and available support

## 3-week Anchor Programme - £450

Includes:

| 3 x 1hr 1 : 1 coaching sessions | Exercise materials | Ongoing support between sessions |

Everything you need to get the most from your foundation coaching programme.