KATHRYN COLAS ACADEMY
Professional Development Pricelist

CPD-Accredited Menopause Champion Training

Suitable for anyone interested in championing peri/menopause support in the workplace. Multiple-choice assessment.

Format Options

Live on Zoom: 1 day (4 hours with break). Dates available throughout the year or arranged privately for your team.
£495 per person

Self-Study (Digital): Flexible for busy professionals.
From £395 per person

Group packages available and tailored to organisational budgets.

CPD-Accredited Menopause Ambassador Training

Designed for Business Owners, HR, Wellbeing & People Leaders, Quality & Compliance Managers, Line Managers, and those leading menopause support in the workplace. Assignment assessment.

Format Options

Live on Zoom: Five consecutive weeks, 9:30 AM – 12:00 PM. Dates available throughout the year.
£1,495 per person

Self-Study (Digital): Flexible for busy professionals.
From £795 per person

Group packages available and tailored to organisational budgets.

Awareness Workshops

Led by expert menopause coaches. Fully customisable to your organisation's needs. Sample topics include:

Peri/Menopause General Awareness · Women's Hormone Health · Difficult Conversations · Line Manager Training · Men and Menopause.

Online (Zoom or Teams)

60 minutes: £450
90 minutes: £550

All sessions include a menopause toolkit for immediate implementation.

30-Minute Lunch & Learn Sessions

Concise, practical sessions delivered by expert coaches. Choose from:

Menopause General Awareness
Women's Hormones
Line Manager Workshop

£250 per session

All sessions include a menopause toolkit for immediate implementation.

Professional Speaking – Kathryn Colas

Pioneer, entrepreneur, writer and respected voice on menopause in the workplace.
Available for in-person keynote and conference speaking.
Prices on request.

The Menopause Reset Programme

Evidence-based online course for perimenopausal and menopausal women to regain control of their body, mind, and life.

£495 per person

All prices are exclusive of VAT

We also offer Executive Menopause Coach (EMC) training. This CPD-accredited course is ideal for independent coaches and professionals.
Self-study and Live on Zoom options available.

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