CASE STUDY:

Transforming Workplace Support Through Menopause Training



Tracey Sentance, LHH Senior Career Transition and Development Coach

In the fast-paced world of executive leadership and career transition support, menopause can significantly impact performance, confidence, and retention. At Kathryn Colas Academy, we empower professionals to become certified advocates for workplace wellbeing. This case study highlights how one executive turned personal challenge into organisational impact by completing our training programmes.

Read more about Tracey's personal perimenopause experience, her realisation of the workplace gap, her journey through the Kathryn Colas Academy programme, the specific strategies she implemented at LHH (such as improved support for clients and colleagues facing brain fog, confidence issues during career changes), and the measurable transformations in workplace culture and support systems here.

Conclusion

Tracey's journey exemplifies the powerful ripple effect of targeted menopause education in executive environments. By giving your leaders, the knowledge and tools to address this critical aspect of women's health, Kathryn Colas Academy helps organisations create more inclusive, supportive, and productive workplaces. Her success demonstrates how investing in accredited training not only supports individual wellbeing but drives broader cultural change and better business outcomes.



Ready to create your own success story?

Explore our training programmes at Kathryn Colas Academy and transform how your organisation supports women through every stage of their careers.

Contact us today to learn more.

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