

## Offer of MenoMindset™ Coaching Services from Karen Stein

The **MenoMindset™ Executive Coaching Program** is a six-session, evidence-based, individual coaching series grounded in positive psychology.

It is designed to help professional women move from surviving to thriving through perimenopause and menopause by reconnecting with their best or better self while building positive, long-lasting, and sustainable careers.

This bespoke confidential coaching experience provides a supportive space to explore the shifts in energy, confidence, and identity that often accompany midlife. You'll develop self-coaching strategies to navigate change, advance your goals, manage mindset, and sustain your leadership impact with renewed clarity, confidence, and connection.

### Program at a Glance

- 6 x 1-hour 1:1 sessions with Karen Stein, Executive Coach and Menopause Champion
- Grounded in positive psychology, neuroscience, and leadership science
- Optional Cappfinity Strengths Profile assessment and 1-hour debrief
- Tailored to your goals, values, and current context

### Coaching may include

- Designing a meaningful path forward on your own terms and aligned with your goals.
- Reconnecting with your values, purpose, and strengths
- Managing energy and mindset to perform at your best
- Noticing any dips in confidence and reframing self-doubt
- Enhancing relationships, communication and accessing feedback
- Creating balance and boundaries that sustain wellbeing.

### Program costs - special pricing

- \$3,570
- Additional Strengths Assessment + Debrief \$450

*"With Karen's coaching I was able to realign my goals and priorities and gain a deeper understanding of how I can work at my best."*

*"The sessions have challenged me to ask hard questions of myself, to think about other perspectives and to drill down on why I may feel or react in different ways."*

*The sessions are a really good way for me to reflect on events and feelings in a way that I don't always take the time to do and also provide me with strategies on how I can address challenges or reframe my thinking or feelings."*

*"Karen is very passionate about the coaching and development of female business leaders. I found Karen to be an amazing listener, very knowledgeable and empathetic, and her ability to apply positive psychology in her work made the whole experience a very positive one."*

*I left each session feeling optimistic about the future and my next steps. I highly recommend Karen as an executive coach."*

MenoMindset™ Program Coaching feedback



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