



ABOUT WORKSHOP

Women experience significant biological, physical, psychological, and emotional changes during their life cycle stages, particularly during the pre-menopausal phase. This phase marks the transition to menopause, resulting from fluctuating hormone levels that affect ovulation and the menstrual cycle. These changes not only impact reproductive health but also influence psychological and emotional well-being, presenting challenges for women, especially during mid-career stages when they balance personal and professional responsibilities.

A preparedness program can help women manage PMS and enhance their leadership skills. Conducted as interactive workshops, the program will offer naturopathic solutions like yoga, exercise, and diet control, aiming to foster understanding, leadership, and happiness among women, empowering them to rise to new heights without looking back.

OBJECTIVE OF WORKSHOP

- Providing factual information and unfolding realities surrounding Menopause – Pre, peri and post;
- Deliberating on pre-menopausal syndromes (PMS) for better development;
- Discussing the connects between physical and biological processes and Physical, psychological, emotional and behavioural changes during PMS
- Some thoughts on to a healthy lifestyle by maintaining Work – Life balance during PMS;
- Exploring various aspects of preventive health care in relation to women health in PMS.
- Understanding and managing challenges of Pre and Post-menopausal syndromes

FOR WHOM

For Senior Women executives in their mid-40's and mid-career in organizations, dealing with challenges of lifestyle diseases, juggling for Work – Life balance and seeking professional & personal excellence amidst multiple pressures from new life cycle stages – pre and post-menopausal syndromes and new and challenging roles full of responsibilities

KEY TAKEAWAYS

- Building Strong foundation for Physical and emotional transformation during PMS
- Understanding the organizational politics, political dynamics and challenges in systems
- Pathways for Mental and emotional well-being under PMS
- Building and maintaining positive self-image
- Practical learnings tips for health maintenance and living a healthier life

HELPS YOU

- Handle demands on women's time in a day
- Art of Managing self at home and office by knowing when to give space versus close monitoring
- Derive enhanced satisfaction from life by identifying and working on your life purpose





SAKSHAM



MANAGING PRE- MENOPAUSAL SYNDROMES AND NURTURING LEADERSHIP POTENTIALS

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AGENCY PROFILE

Saksham Social Welfare Society stands as a beacon of change, dedicated to addressing key societal issues with a focus on healthcare and education, women empowerment, and skill development. Through meticulously crafted workshops, both residential and non-residential, we impart crucial awareness on health-related matters to participants from esteemed organizations like Parliament House Annexie, NTPC, and many more.

At the heart of our mission lies a commitment to nurturing physical, mental, and spiritual well-being through a blend of dedicated faculty and comprehensive programs. Our "Life Skills Training Workshops" in premier schools like DPS (R K Puram) aim to mold today's youth into confident and healthy individuals, shaping the foundation of a healthy nation.

Furthermore, we extend our efforts towards women empowerment and skill development, particularly focusing on the North-East region of India. Our innovative approach includes practical sessions and hands-on training, allowing participants to acquire and practice techniques effectively.

In our latest initiative, "SHE," we introduce detox kriyas and naturopathy practical sessions as prime takeaways, enhancing the holistic well-being of participants. With a vision to empower individuals and uplift communities, Saksham Social Welfare Society continues to pave the way for a healthier, more empowered society.

CONTENT

Module I

- Introduction to behavioural challenges triggered behavioural trait determinants during puberty having bearing on pre and post-menopausal life cycle stages
- Revisiting the Puberty challenges and the physical and reproductive health journey from there
- Building positive self-image, attitude and strong relationships.
- Unfolding connects between physical changes, biological processes, behavioural processes and germinating new and high potential behavioural traits

Module II

- Pre-menopause, Peri-menopause and post menopause.
- Structure Interactive Stormy discussions of the related and associated problems, issues and challenges during these phases
- Solutions and strategies for a healthy life and healthy lifestyle
- Optimise health & vitality in all phases.
- Preventive and healthier lifestyle approaches vs unanticipated disastrous culminations
- Some tips for prolonging production of hormones (oestrogens and progesterone's) though natural, naturopathic ways

Module III

- Diet as medicine.
- Detoxification and anti-ageing.
- Time management
- Naturopathy treatments as home remedies – Mud therapy, Reflexology .