



"I believe Menopause should be talked about openly, respectfully and honestly - only then will we break the taboo about something that 50% of the population will experience."

I am Sam, a qualified nurse and teacher and certified Peri to Post menopause Fitness and Lifestyle expert. I have over 20 years experience coaching women in fitness, nutrition and wellbeing, and have specialised in menopause education and care for 9 years. I combine my medical background and real experience with hundreds of women, to deliver exceptional menopause awareness and education training for organisation and individuals.

My most recent clients include:



QUALIFICATIONS

RGN KINGS COLLEGE HOSPITAL LONDON

POST GRAD TEACHING CERT GREENWICH UNIVERSITY

3RD AGE WOMAN COACH & MENO STRENGTH COACH BURRELL EDUCATION

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Sam Palmer - corporate packages

As an employer I know you want to look after your staff and do your best to help them navigate their way through menopause feeling healthy, confident and supported. Together with my team, I can help you do that.

My workshops are interactive, backed by research and fun, resulting in up to date menopause education and awareness for both managers and their teams.

MENOPAUSE FOR MANAGERS

2 hrs

Menopause or Peri-Menopause - what is the difference, how do you know where you are in your journey, and does it matter?

From Brain Fog to Weight Gain, Anxiety to Hot flushes, this session is a lightbulb moment for hundreds of women and men who choose to take part. Focussing on menopause symptom relief both in the workplace and at home, this humorous workshop will answer many menopause questions and give sensible actionable advice to enable participants to start immediately.

MENOPAUSE MYTHS & FACTS

2 hrs

Some statistics * say 9 out of 10 women say they feel unable to talk to managers about the impact that menopause is having on them in the workplace.

This can lead to long term sickness, a feeling of being unsupported and for many, a decline in ability to effectively carry out the job they are employed to do.

This session aims to remove the stigma that surrounds menopause, educate male and female managers about the symptoms that women may struggle with in the workplace, so they can properly support their staff.

*BOHRF - Menopause and Work Guide for Managers.

MENOPAUSE WORKSHOPS

1-3hrs

Some workplaces choose a Menopause expert to cover a specific topic, in a Menopause Workshop. This could be online workshop with many attendees or an in person intimate cafe style workshop. I will work with you to create a bespoke presentation for your workplace for 1 - 3 hours.

Popular topics - Menopause for Men, Movement in Menopause, Healthy Eating for Menopause

Testimonials

Here are some of the most recent testimonials ...

I loved the presentation style and found Sam to be very relatable, like listening to an old friend.

Jo B - Personal Assistant Construction.

I thought Sam was an absolutely excellent presenter. She got the balance right throughout Thursday's session and didn't alienate the guys on the Zoom call. I found her style very engaging and I learnt some really useful information.

Amanda.C - Chief Risk Officer - Finance Sector

Fantastic information and left me feeling empowered in my current situation and moving forward with added knowledge. I've already started to make some small changes and feel the benefits just in 24 hours. Thank you so much for your talk!

Jeni - Health Services

It was a brilliant day and Sam is an inspirational speaker!

Amanda - Phlebotomist NHS

Without fail, the menopause training was the highlight for all that attended it - and some very personal and open comments. It wasn't only the quality of the training (that helped of course) but that that senior leadership was committed to it.

Informationally, culturally and personally - this was a real win.

Richard - Head of Customer and Lending Finance Services

Thank you for delivering such an engaging workshop on brain fog for our staff Sam! Having you speak enabled us to open up the conversation about common symptoms in a way that is positive and respectful and helps us demonstrate our commitment to that menopause workplace pledge. Really appreciate it!

Danielle Lake Wellbeing Events & Engagement Advisor at Maidstone and Tunbridge Wells NHS Trust

How can Menopause training benefit your team?

When asked HOW my training will impact individuals in the workplace, these are some responses:

A number of women in my team are going through the menopause, and it's also something on the horizon for me, so I will definitely continue to explore how to support my staff and to work with them during any challenges they face.

K.M - Head of Legal and Company Secretary

I'm feel I'm now able to offer support within my team.

I feel i can be more open minded. previously i would have misunderstood sudden mood changes and maybe taken it as the person being 'off' or moody with me but now i can understand that it may be symptoms of menopause.

J.F - Private Client Support Finance Sector

Although I don't manage anyone of menopausal age, I think it will help me to discuss such matters with my own manager.

R.E Solutions Architect. IT

I'm hoping that I can relay some of this information to my younger staff who don't always understand why it takes older ladies longer to learn a task.

Equally I do realise now that in order to help myself I do have to do my self care and it will be more of a lifestyle change than expecting to carry as on and hope the symptoms will just go away like a cold.

F.B - Compliance Manager and Data Protection Officer

Sam Palmer - further support for staff

For companies who are looking for ongoing menopause support for staff your staff, we can offer a range of online options which include to suit your needs:

MENOPAUSE FITNESS CLASSES

A weekly live timetable on Menopause Specific Fitness classes which can be accessed LIVE or ON DEMAND.

Classes include:

Strength, Cardio, Pilates, Yoga, Fitball, Fitsticks, Stretch & Relax

MENOPAUSE FITNESS NUTRITION AND LIFESTYLE PROGRAMME

Want to really support your team over a long term change.

This 8 month programme includes 4 modules covering:

- ✓ **Menopause Weight Gain**
- ✓ **Menopause Symptom control**
- ✓ **Menopause Anxiety & Brain Fog**
- ✓ **Menopause Movement & Fitness.**

1.2.1 MENOPAUSE SUPPORT

When you can't see the wood for the trees it is really helpful to have a menopause expert who can help you move forward.

These 1.2.1 sessions can be purchased for your staff to access online by arrangement.

Sam Palmer - World Menopause Day 2022

The theme for world menopause day 2022 is Cognition and Mood.

I produced this short video to share with my followers and clients to explain how the brain is affected by the decline in hormones, what Brain Fog is, how it feels and how to prevent it both at home and in the workplace.



World Menopause Day 2022 - Menopause and Brain Fog

More videos can be found on You Tube here -

<https://www.youtube.com/channel/UCfva0BhBZMh4dRuDOL867jw>

Dear Sam,

Thank you so so much for your very informative webinar on Menopause. I feel "normal" again! My kids were ear dropping and they want to help me with so much now!

As a full-time teacher and mum of 3, I am busy but am determined to make a few changes. Off to an Epsom salt bath with a book now.

Enjoy your time and Brighton and see you soon again,

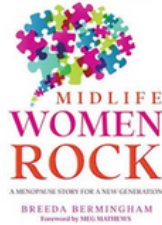
Sam Palmer - you can find me here too..



The Daily Telegraph

Women in Residential Property

RUNNER'S WORLD



retailtrust
looking after all people in retail

Midlife Women Rock: A Menopau...

The Art of Running for the Midlife Woman - The Happy Menopause Podcast

Sam Palmer, Award-Winning Women's Health & Fitness Coach

Can't run, won't run? Listen to this episode before you write yourself off! It's September and with the whole post-holiday vibe it's often a good time be thinking about a new fitness regime. With that in mind, I've decided to kick off Season 4 with an episode on running. If it's [Read more](#)

▶ LISTEN



Season 4 - Episode 1
Sam Palmer, Award-Winning Women's Health & Fitness Coach



Episode 74: Getting real about long-term health with Sam Palmer

Sam Palmer is a menopause fitness expert. She's passionate about getting women in their best shape so they can thrive[...]

[Listen/Show Notes](#)



Let's Talk Menopause with Sam Palmer

May 19, 2022

I asked menopause fitness expert, Sam Palmer, of Midlife Makeover to answer some questions a menopause asked by women in The Midlife Movement community. We covered a multitude of is



00:43:24

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✂ CLIP

⋮



S1 · EP35

35 - The Midlife Makeover with Sam Palmer

DEC 1, 2020 (ALMOST 2 YEARS AGO)

Have you ever felt like chucking all your balls in the air, letting them settle and then starting again? For many women this is what a midlife makeover looks like. Join me as I chat to Sam Palmer founder of The Midlife Makeover and Sevenoaks Ladies Joggers. In 2014 Sam was voted Coach of the year by UK Athletics for both the South East and the UK and has won many other local awards for her tireless work helping women. In this conversation we talk about: 🏃 Learning to run at midlife 🧠 Mindset barriers to exercise 🗣 The power of accou...

🕒 42 minutes



Sam Palmer

BIOGRAPHY

Sam's career started in the NHS where she qualified as a nurse eventually working as a senior member of the team in NeoNatal Intensive Care. Becoming a mother meant seeking a job that didn't involve night duty, but did include her love of teaching, so she qualified as a teacher, left the NHS to work in Further Education and eventually set a First Aid training company delivering training for many different organisations.

The tragic death of her brother in an accident led to a charity place in the London Marathon, something that would, unbeknown to her, go on to touch the lives of many thousands of women. She decided to train as a running coach and set up a woman's running and fitness club, in Sevenoaks, Kent.

In 2014 Sam was voted UK Coach of the year by UK Athletics and she has won many other awards for her inspirational work with women.

Aware of the need for exercise and movement designed specifically for women in peri-menopause and beyond, Sam combines 20 years of female fitness coaching with her nursing background, to launch Midlife Makeover.

Sam now delivers corporate coaching for employers looking for ways to support the staff in their workplace, both online and in person.

Sam is known for delivering a professional but entertaining and inspiring message to any audience.

Sam herself is now post menopause, still runs, often with her dog and enjoys making chocolate brownies (probably with chickpeas or beans!) to go with a cup of her favourite Earl Grey tea.