



What is a Menstrual Health Coach?

A Menstrual Health Coach is a wellness professional who helps women understand their menstrual cycles, eliminate painful periods and resolve other hormonal challenges.

What are the benefits of a Menstrual Health Coach?

One of the main benefits of working with a Menstrual Health Coach is the ability to gain a fresh, informed perspective on your menstrual health. In addition to offering new insight into challenges, a Menstrual Health Coach can help you to zero in on habits & patterns that could be standing in the way of your healing.

- Understand your menstrual cycle
- Eliminate pain
- Balance your hormones
- Learn about nutrition and movement that eases pain
- Improved energy

Since sessions typically take place on a regular basis over a prolonged period of time, menstrual health coaches can ensure that their clients are implementing what is necessary to experience significant change.

For a great number of clients, accountability is one of the prime advantages of working with a coach.

Along with providing the support and motivation essential for maintaining momentum, coaches can observe when a client is stuck or needs to recalibrate their goals. As a result, clients often achieve those goals more quickly and efficiently than they would if working on their own.

What are the impacts of coaching?

One study found that both individual and group coaching was helpful in reducing procrastination and improving goal attainment. One review of studies found that health and wellness coaching showed promise for improving self-efficacy and self-empowerment.

Are you registered?

I am registered with the International Coaching Federation (ICF). Although health coaching is not regulated, I felt it was necessary to get certified as the ICF has a high ethical standards. It confirms that I am prepared and dedicated to working under these standards.

How should I feel while working with a menstrual health coach?

If you're thinking of working with a menstrual health coach, keep in mind that it's up to you to decide what you'd like to focus on in how successful your coaching sessions will be. Each session should leave you feeling empowered and uplifted, so it's critical to find a coach whose style and philosophy resonate with you.

What should I expect?

Don't expect immediate results. Your menstrual health coach can help you make plans, address problems, and work toward achieving your goals, but it is important to remember that these things take time. It may be helpful if you set some short-term and long-term goals to work toward.

Consider if your coach is suited to your needs. Not all menstrual health coaches take the same approach to a problem, so what you get out of the process may have a lot to do with the type of relationship you have with your coach. Look for a coach that is suited to working with your personality type and approach to solving problems.