Module 1

Embracing the Midstream Flow

Topics Covered:

Introduction to Midstream Life

* Navigating Change
* Understanding Peri-Menopause and Menopause
* Midstream Momentum Hypnosis Experience

Course Schedule:

* Opening Circle
* Discussion: The Midstream Journey
* Activity: Change Mapping
* Education: Peri-Menopause and Menopause
* Midstream Momentum Hypnosis Experience
* Closing Circle

Module 2

Amplifying Momentum

Topics Covered:

* Harnessing Energy
* Mindfulness and Self-Care
* Building Support Networks
* Midstream Momentum Hypnosis Experience

Course Schedule:

* Opening Circle
* Discussion: Energy Management
* Activity: Self-Care Assessment
* Mindfulness Practice
* Midstream Momentum Hypnosis Experience
* Closing Circle

Module 3

Sustaining Momentum

Topics Covered:

* Setting and Achieving Goals
* Resilience and Adaptability
* Celebrating Progress
* Midstream Momentum Hypnosis Experience

Course Schedule:

* Opening Circle
* Discussion: Goal Setting and Achievement
* Activity: Personal Action Plan
* Resilience Building
* Midstream Momentum Hypnosis Experience
* Closing Circle

Conclusion

This virtual coaching circle series empowers midlife women by providing you with the knowledge, tools, and support needed to navigate their midstream phase with confidence and vigor. Through understanding peri-menopause and menopause, managing energy, practicing mindfulness, setting goals, building resilience, and experiencing guided hypnosis, participants will be equipped to amplify their momentum and thrive during this transformative stage of life.