



CERTIFICATION PROGRAM

By : Dr.Suzanne Gilberg-Lenz

Introduction

01

01. INTRODUCTION

Welcome to the **MENOPAUSE BOOTCAMP** *basic training*

Over the next several weeks, you're going to go deeper than the information—you now have access to the methodology. You may have read the book or even attended a live bootcamp and something resonated enough for you to commit your time and effort. Perhaps you have felt isolated, lonely, or just curious about the process of menopause. Maybe you are a natural leader, teacher, and networker, and want to help others as they journey forth. This training can even be an opportunity for you to expand your professional offerings or knowledge base.

When you complete this program, you should feel confident in your command of the material contained in the book, and possess the tools you need to start leading your own bootcamps. By completing this process and officially joining our community, you have demonstrated the commitment and earned the right to work with this trademarked material. You will have my official seal of approval to share what took me decades to develop.

I want you to know a few things up front. I'm so thrilled you got this far! I'm honored to support and guide you so that you can help push this information forward and serve others. Last, but certainly not least, you should know that I see you as part of a much larger movement. I truly envision an army of us embracing others into this new chapter, and them spreading their own wisdom ever wider into their families, communities, and the world. I have said this many times: aging is a privilege not bestowed upon all of us. The narrative that to age is to become irrelevant, crusty, musty or boring is pure nonsense and not a story that I accept. If you are here, I suspect you feel similarly.

Science shows us that the Grandmother Effect confers longevity on whale pods that contain elder females. The world needs older women. It needs our love, wisdom, attention and skills. My gift to the world is this new narrative of menopause as a beginning and a proven effective method to teach and help others find their voices, agency, and power. Menopause can be the best time if we are supported with education, an array of tools, and a community to lift us up.

Thank you for being
a part of this.
Now, go forth, don't forget
to laugh and do good!



—*Suzanne Gilberg-Lenz,
M.D., FACOG*

01. INTRODUCTION

HOW TO USE THE MATERIALS: *videos & workbook*

The main source material for this program is “**Menopause Bootcamp,**” and the order of the information presented in this accreditation program matches the book’s structure. This workbook is a companion guide to the videos. Watch each video module, then read and complete the corresponding section of the workbook. There’s a lot of material to digest, so please complete no more than one section every four days.

Think of the workbook as the bridge between what is contained in the videos and your own bootcamp. The content and the prompts contained here are a tool for you to interpret the material and translate it for yourself—and then your Menopause Bootcamp participants!

As you go through the video modules, you may encounter new ways of thin-

king about worksheets you’ve completed previously. Go back and make more notes! If you’re like me, you will find that you never come up with the “secret sauce” for running a Menopause Bootcamp. You will always be changing, adding, subtracting, and tinkering with your presentation. That is how your bootcamp will stay fresh, relevant, and compelling for you and your participants.

Plan to mark up your copy of “**Meno-pause Bootcamp,**” too. It’s going to be a constant companion throughout this. Highlight passages, mark sections you want to refer to, write notes in the margins. This workbook will refer to specific page numbers for you to find information. Organize this process however it makes the most sense for you. Make it your own.

Finding Your Why

02

WORKBOOK

02. FINDING YOUR WHY

PARTICIPANT TESTIMONIALS:

There's nothing that will convince a person to sign up and participate in a workshop more than the positive feedback from someone who's already done it. It is most effective when the feedback comes from a friend or family member, which is why I always encourage participants to communicate about their experience with Menopause Bootcamp, either on social media or person-to-person. And after I host a Bootcamp, I always collect testimonials. As you collect them, be sure to inform those who submit as to how their name will be used. I typically prefer first name and last initial.

Testimonials serve for more than just a business interest. They help center you in your work. Sometimes, it gets overwhelming to start a new, big thing, especially when you already have plenty of big things on your plate. And not all aspects of hosting Menopause Bootcamp workshops is fun. There's administrative work, marketing, and lots of communication both before and after the session you host. Reading the feedback you get is motivation to keep at it!

For your first session, you won't yet have testimonials of your own. So I've shared a few of mine that you can use in your initial marketing, if you choose.

"I loved the energy and community of the Menopause Bootcamp! It was so important to me to learn about this extraordinary time in my life with a group of smart, engaged women led by the warm and brilliant Dr. Suzanne! I am so glad I listened to my friend (and my inner voice) and accepted the invitation!"

-Lauren B.

"I loved Menopause Bootcamp. It was such an informative afternoon filled with much needed information. Suzanne answered all the questions regarding our changing bodies. She helped me put the previously terrifying thought of menopause into perspective. I think of it now as a natural state of being rather than a burden. Menopause is inevitable so we might as well embrace it. She definitely helped me do that. Her suggestions on how to approach this stage of life and how to use all the resources was extremely beneficial."

-Marta M.

**"SHE HELPED ME put
the previously terrifying
thought of menopause
into perspective"**



"I am so grateful to have been a part of Dr. Suzanne's most recent MBC group. I came out of the day with so much more than only information - I came out with a community, a support system, a trust in my body and my voice, and an understanding of the process of perimenopause and post menopause. Dr. Suzanne has a welcoming approach that is sprinkled with honesty, humility, and humor. Women of all ages deserve to feel the freedom that Dr. Suzanne encourages us to have in this part of our lives."

-Julie S

02. FINDING YOUR WHY

MENOPAUSE: 10 KEY FACTS & STATS

Anyone who's going through menopause is part of a big community. But a lot of people don't know how big it is, how long it lasts, how intense but how common the symptoms can be, and so many other important details! These numbers tell a story: whatever you are feeling, you are not alone.

6,000

The number of women who reach menopause each day.

7 YEARS

The average number of years the menopausal transition lasts.

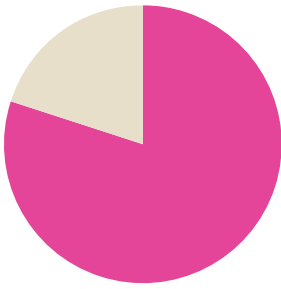
12 MONTHS

Go this long without having a period and you're officially in menopause.



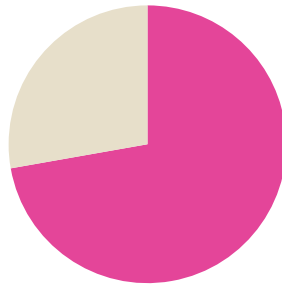
The number of people going through the menopausal transition who experience hot flashes.

The Percentage of Women That Experience



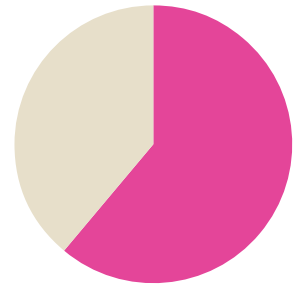
80%

Anxiety



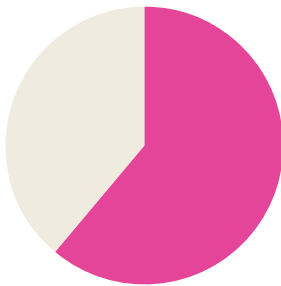
72%

Exhaustion



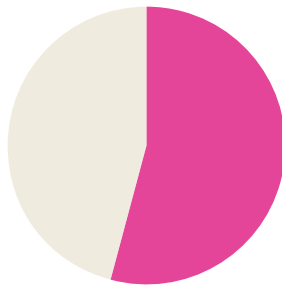
61%

Sleep issues



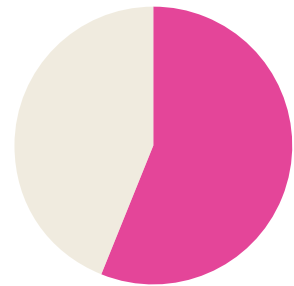
61%

Irritability



56%

Joint and muscular
discomfort



54%

Heart problems



The number of women who talk to
their mother about menopause.

3/4

The number of women experien-
cing menopausal symptoms
which are going untreated

4%

The percentage of women who
are having more sexual activity

while 53%

are experiencing less
sexual activity