

# Peri-Menopause & Beyond Specialist

## Course Overview

A comprehensive, evidence-informed certification designed to equip fitness professionals and businesses with the knowledge and tools to confidently support women through peri-menopause and beyond. This course addresses the anatomical, physiological, and hormonal changes that impact training, nutrition, recovery, and wellbeing — empowering coaches to deliver truly female-specific care and elevate industry standards.

## Course Objectives (3)

By the end of this course, participants will be able to:

1. **Understand the hormonal, anatomical, and physiological changes during the menopause transition** to better assess and adapt training programs and nutrition recommendations that support performance, recovery, and metabolic health.
2. **Prevent and manage menopause-related symptoms and injury risk** through evidence-informed exercise, nutrition, and lifestyle strategies tailored to the unique needs of midlife women.
3. **Apply effective, female-specific coaching methods** that empower clients, improve retention, and raise the standard of care in fitness and health services.

## Course Highlights (3)

1. **Menopause-Specific Training & Nutrition Frameworks**  
Learn how to adapt programming and nutrition strategies to suit changing hormonal profiles, energy levels, and recovery needs.
2. **Symptom & Injury Risk Management**  
Gain practical tools to support clients through common menopause-related symptoms and reduce risk of injury with targeted, phase-appropriate interventions.
3. **Client-Centred Communication & Coaching**  
Develop confident, compassionate coaching skills that foster trust, increase retention, and empower midlife women to thrive.

## Who Will This Benefit?

- Fitness Professionals
- Health Professionals
- Facility Owners
- Women experiencing menopause-related symptoms

## Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and

knowledge of exercise science, client assessment and programming are recommended to ensure learning objectives are achieved.

- A foundational understanding of human anatomy and physiology is recommended.
- Suitable for certified fitness professionals, health practitioners, or those currently working with clients.
- No prior knowledge of menopause-specific content required — all key concepts are covered in the course.

### **Course EduTrainer**

Skye Sunderland - Women's Health Educator & Coach

Skye is a leading educator and specialist in women's health and fitness, with a focus on bridging the critical gaps in training, nutrition, and wellness tailored specifically for women. Drawing from personal experience and extensive professional expertise including owning and managing a women's only gym in Australia, Skye developed *The Female Specific Method™*, an evidence-informed system designed to empower coaches, gyms, and health professionals to deliver truly female-centered care.

Passionate about raising the industry standard, Skye combines science, lived experience, and practical application to educate and support professionals worldwide. Her mission is to help women thrive through every phase of life by providing education that transforms coaching practices and fosters long-lasting impact.

### **Course Provider**

True Technique

### **ACE & NASM CEC Points**

TBC

### **Course Duration**

8 hours

### **Class Plan**

#### **Morning Session**

- **8:30 – 8:45** — Welcome & Introduction to The Female Specific Method™
- **8:45 – 9:15** — Understanding Menopause: Overview of the menopause transition, peri-menopause, and beyond.
- **9:15 – 10:15** — Key anatomy, hormonal and physiological influences.
- **10:15 – 11:15** — Training Considerations: Adapting exercise to support symptoms prevention, injury risk reduction, and performance
- **11:15 – 12:30** — Nutrition Fundamentals: Macronutrients, symptom management, and herbal remedies for menopausal support

## **Break**

- **12:30 – 1:30** — Lunch

## **Afternoon Session**

- **1:30 – 2:30** — Physiological Changes & Needs: Mental health, recovery strategies, and holistic approaches to wellbeing
- **2:30 – 3:30** — Programming for Symptoms & Injury Prevention: Practical strategies to enhance client outcomes, performance, and wellbeing
- **3:30 – 3:45** — Applying The Female Specific Method™: Integrating knowledge into your business and coaching practice for impactful client support
- **3:45 – 4:15** — Supporting the Menopause Client: Communication, building trust, and creating a supportive coaching environment
- **4:00 – 4:30** — Final Assessment Questions, Q&A

## **Learning Materials**

Electronic Materials.

All course materials, including manuals, videos, references, and group chat, are accessible online and via the Female Specific Coaching app for convenient ongoing review and support.

## **Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Completion: Peri-Menopause & Beyond Specialist

## **Grading Criteria**

Completion of course participation and questionnaire on the day

## **Recertification**

N/A

## **Exam Fee**

N/A

## **Dress Code**

Fitness Attire

## **What Do I Need to Bring?**

Laptop

## **Course Capacity**

24 pax

**Language**

English

*Information displayed above is correct during time of publishing and may subject to change without prior notice*