

Sparking a
new chapter of
brilliance and
resilience.

MENOPOWER

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MenoPower

Personal Story Template



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Story Title: ‘How finding the right support saved my career and renewed my life’

Background Information (optional – anonymized if needed)

- Age range: 50s
- Country/region: United Kingdom
- Employment sector or life context: Telecommunications/Sustainability
- Stage of menopause: perimenopause to menopause

Personal story

When I began experiencing menopause symptoms, I had just started a new job. It should have been an exciting time, but instead, I felt like I was falling apart. I was waking up at 5 a.m. to commute into the city, but I felt utterly wretched. I couldn't sleep, had brain fog so intense I struggled to think clearly, and was drenched in both day and night sweats. At the time, I didn't even realize these were symptoms of menopause — I just thought something was wrong with me.

It wasn't until a kind colleague invited me for coffee and gently suggested that I might be going through perimenopause that I had a moment of clarity. She even helped me book an appointment with a specialist — a gesture that changed everything.

Before getting proper support, I had started to feel depressed, even suicidal at times. I thought menopause marked the beginning of the end — the end of fun, of ambition, of living fully. But with medical guidance and starting HRT, my life changed dramatically. I began sleeping properly again, the brain fog lifted, and my confidence started to return. I no longer felt like a shell of myself.

One of the most tangible signs of my transformation came when I entered and won a global workplace sustainability competition — something I would never have dared to attempt a few years earlier. The prize? A trip to Antarctica. I travelled solo halfway across the world, got on and off zodiacs in freezing conditions, and even socialized with much younger people aboard the ship. I was thriving. My HRT travelled with me, and I never felt held back.

That trip symbolized more than a win — it was a celebration of life after menopause. I had my mojo back. I was building new professional networks, deepening my sustainability work, and embracing a sense of adventure I thought I'd lost forever.

Key takeaways (3-5 bullet points)

- Menopause is a stage of life — not the end of life — and with the right support, it can be manageable and empowering.
- Early recognition and support (especially from colleagues) can be transformative.
- Medical treatment, such as HRT, can dramatically improve quality of life.
- Confidence and ambition can return — and even grow — after menopause.
- Finding a healthcare professional with menopause expertise is crucial.

Reflections/Message to others:



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“There is life after menopause. It’s not the beginning of the end — it’s just another part of your journey. Don’t let it hold you back. Get help, embrace it, and keep dreaming big.”

Supplementary Material (optional)

- Video: <https://www.youtube.com/watch?v=FoCR1wgeycc>



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