



**DSJ Hypnotherapy**

POWER TO REGAIN THE COMMAND OF YOUR LIFE

# Dedicated to supporting your workforce through Perimenopause & Menopause



## A 3 STEP SOLUTION

**1**

**Menopause  
Policy  
Development  
Support &  
Guidance**

**2**

**Policy Training  
for Managers  
&  
Awareness and  
Well-being  
Training for Staff**

**3**

**1:1  
Hypnotherapy  
&  
Psychotherapy  
Sessions for  
Staff**



### THE CHALLENGE

- There are currently 13.5 million Menopausal women in UK
- 4.3 million of those are part of the UK workforce
- Symptoms lead to 14 million lost workdays a year
- Just 1 in 10 companies employ a Menopause Policy

### THE SOLUTION

As a Solution Focused Hypnotherapist and Registered Nurse, my private practice is dedicated to supporting women suffering the symptoms of Perimenopause and Menopause.

Teamed with my experience in Operational Management and Workforce Development, I can offer the solution that you need to ensure workplace equality, and a smooth navigation through the transition to Menopause.

Choose to access just 1, 2 or all 3 steps of the program to ensure a person-centered approach, establishing you as an employer of choice.

**Contact me now for a free consultation.**

Contact Donna Jones - Mob: 07944111489, Email: DSJ.hypno@outlook.com

# Menopause Policy Consultancy – Guidance and Development

Incorporating Policy guidance into the management of Menopause allows for a clear and structured pathway to support your staff to retain their highest level of work performance. This enables you to have the assurance that you are an inclusive and forward thinking organisation, placing the concepts of equality and diversity at the heart of your company, making you a more desirable employer of choice.

## Menopause Policy Training for Managers

By providing education and training around the ethos, content and processes marked out within the newly created Menopause Policy, there is the assurance that it can be applied in a robust and meaningful way. Following this training, Managers will be able to work with staff to ensure they are being suitably supported to remain within the workplace, giving both the Manager and the subsequent individuals, confidence in company processes.

## Workforce Menopause Awareness and Well-being and Training

By incorporating bespoke staff training as part of the process provides a wider understanding of Perimenopause and Menopause symptoms; supporting individual’s mental health during the challenging transition through Menopause. In addition, the training provides a platform to build organisational awareness with the insight to break taboos and allow for a progressive, contemporary and compassionate workplace. The training will provide general menopause information and focuses upon mental health and well-being management techniques and are based upon the concepts of Solution Focused Therapy and Hypnotherapy to support self management and care.

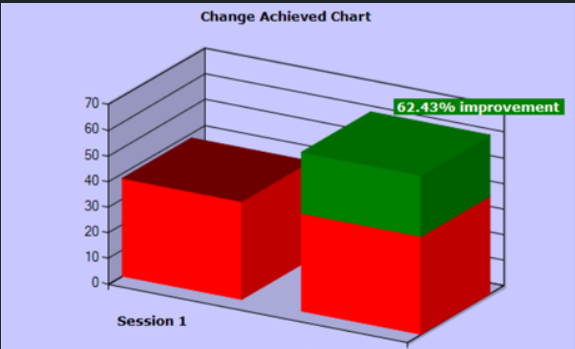
## One to one Solution Focused Hypnotherapy Sessions

By supporting and offering your staff the opportunity to access specifically focused therapy, once again, upholds the ethos and delivers the message of a progressive organisation. Working on a one to one basis, the introduction of ‘Solution Focused’ Psychotherapy and Hypnotherapy techniques can support your staff to stay in work when struggling to manage their menopausal symptoms or, alternatively, assist a return to work, with a renewed confidence.

### Practice Results

DSJ Hypnotherapy incorporates the 'Clifton Practice Outcomes Research Programme' into its evaluation of clients.

Practice data analysis shows that the average improvement in the client's health and well-being sits at a rate of 62.43% following just 6 therapy sessions



Solution	Pricing
Step 1 Menopause Policy Support and Development Guidance	£475
Step 2 Line Manager Workshops (1 ½ hrs)  Menopause Awareness Workshops for Staff + Well-being and Self Care (2 hrs)	£120  £150
Step 3 1:1 Solution Focused Hypnotherapy & Psychotherapy	Initial Consultation – free  6 Therapy Sessions - £390