



Making Love through the Menopause

An 8-week Transformative Group Coaching Programme

One of the most overlooked aspects of the menopause is the effect that it can have on your sex life. You may be struggling with symptoms such as vaginal dryness, loss of libido, mood swings and a host of other issues that mean your mojo has gone AWOL. You are not alone. 3 out of 4 peri and menopausal women are having the same experience, it is just that no one is talking about it!

Making Love through the Menopause is an 8-week programme created by Dr Claire Macaulay, a medical doctor and sex expert, designed to transform your relationship with yourself as a sensual being. Through a combination of self-reflection, creative exploration, group coaching and practical tips and advice, you are invited to create the vibrant sex life that works for you.

Here, using the metaphor of the 1980's top hits that shaped your adolescence (because why the hell not?!), is the wild ride we are going on:

Week 1:

Like a Virgin - Madonna

In our first week together, we focus on what brought you here. What messages about sex and intimacy did you learn as a young person? What beliefs did you inherit from your parents, the playground, Jackie magazine? What early experiences shaped the sexual being you were to become?

We will share a beautiful ceremony where you are invited to release the things that no longer serve you, allowing you to create an authentic, joyful relationship with your sexuality that works for you.

Week 2:

More than this - Roxy Music

Imagine your ideal sex life - what would it look like? What do you long for? Do you even know?

This week we get into what you would like your sexual expression to look like in the world. We look at the science of turn ons and turn offs, and you are invited to create a vision for the future that fits with who you are and what you want.



Week 3:

What have you done for me lately –
Janet Jackson

Let's be honest - there are probably times when you have put up with unfulfilling sex for the sake of someone else. Enduring rather than enjoying can become a habit.

This week we focus on consent and boundaries – how do we say yes to things that we want, and no to things that we don't? We attack at the root the habit of dealing with everyone else's needs first and start asking "what have I done for me lately?"

Week 4:

It's the end of the world as we know it –
REM

You worry that the menopause signals the end of your sex life as you know it. That may not be a bad thing if the sex you are having is underwhelming at best! What if at the end of the world as you know it, there was a treasure trove of sexual expression and intimacy just waiting to be discovered?

Diving into menopause and the effect it can have on our body and sexual experience, we look at how you can embrace and manage those changes and have better sex than ever!

Week 5:

Dancing in the dark – *Bruce Springsteen*

Can't start a fire without a spark? Does it feel like someone has snuffed out the pilot light on the boiler of your desire? What if the conventional idea of sex drive and libido that you have been sold is wrong?

This week we look at sex drive and libido and bust a few myths that will allow you to move forward and actively choose the sex life you want, without waiting to be struck by a non-existent bolt of libido. We also learn how to use your most important sex organ – your brain.

Week 6:

I want to know what love is – *Foreigner*

If your body could speak to you, perhaps it would say "I want to know what love is, and I want you to show me". Your body is crying out for you to slow down and show it some love. Or at least stop hating it.

We discuss body image, self-talk and our relationship with the anatomy inside our pants. We get up close and personal, looking at the ways in which our relationship with our body directly impacts our ability to express ourselves sexually and be truly comfortable in our own skin.

Week 7:

It's a Sin – *Pet Shop Boys*

This week is self-pleasure week. Paddling the pink canoe, flicking the bean, auditioning the finger puppets – yep we are talking all things masturbation.

It's time to become a pleasure explorer and discover what feels good to you in all aspects of your body.

Starting with the hands, we relearn how to feel, awakening our whole body, not just our genitals. We learn about the science, looking at how and why masturbation can be good for you, particularly during the menopause.

Week 8:

Push It – *Salt n Pepa*

As we come to the end of our journey together, your deepening relationship with sexuality, sensuality and desire is only just beginning.

Now is the time to push it; push it real good towards the sex life that you want.

We celebrate your courage and bravery in taking control of your life and living as the beautiful sexual being that you are. We review how far you have cum (pardon the pun!) and enjoy a beautiful closing ceremony together.

