

## *An overview of the Menopause Practitioner Course client case study process*

This note is being shared with you because you have been asked by a Health Practitioner whether you would like to be their case study client while they are completing the My Menopause Transformation (MyMT™) Menopause Practitioner Course.

**About MyMT™:** MyMT™ has been set up for one reason – to help women around the globe proactively manage their own menopause symptoms through evidenced based, lifestyle change solutions. MyMT™ is a revolutionary lifestyle-change program which is designed to get to the heart of women's symptoms so that they can re-discover their health, vitality and energy. MyMT™ is founded by Dr Wendy Sweet (PhD), a women's healthy ageing researcher from New Zealand. Over the past 8 years of operation, Wendy has supported 15,000+ women through their menopause transition.

Wendy now also offers Internationally Certified Professional Development Courses for health professionals who are looking to better their understanding of the menopause transition. Throughout the last few months your Coach has been participating in one of these courses.

As part of the assessment for the course, each Practitioner is asked to put their learnings into practice by working with a case study client. This is where you come in. Thank you for your interest in potentially participating in this case study process. It is up to you and your Coach to decide whether you are a suitable fit for this process, and if so, how long and how regularly they will meet with you. Our requirements are that your Coach takes you through a Pre-screening Questionnaire to determine your eligibility, and then if you are suitable, helps you to better understand your menopause transition and reduce your identified symptoms. Your Coach has been asked to work within their scope of practice, and that if anything arises that is outside of their scope of practice, to refer you to the appropriate specialist.

For the purposes of this course, your Coach is required to submit a summary of your conversations, your progress, and their learnings/reflections. Everything they report on will be anonymized and is only shared with fellow participants and Dr Wendy Sweet (PhD) for feedback.

Thank you for your interest in this process. We could not do this without the support of willing volunteers.



*Dr Wendy Sweet (PhD)*

*MyMT™ Founder*

*Member: Australasian Society of Lifestyle Medicine/ REPS NZ Exercise Specialist*

***You can read about MyMT™ and the Course here***

[www.mymenopausetransformation.com](http://www.mymenopausetransformation.com)

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