

Thriving through Menopause: Strategies for Anxiety Relief

Adult

Join Our Transformative Workshop: "Thriving through Menopause: Strategies for Anxiety Relief"

Our workshop is designed to help you understand how anxiety can spiral during perimenopause and menopause and help you take steps to reduce its impact on your life

Workshop Highlights:

- Understand Your Brain: Learn how the fluctuation of hormones, sleep disturbances, and life changes can contribute to anxiety during this phase of life.
- Practical Tools: Gain practical coping strategies and neuroscience techniques to reduce anxious feelings in real time and understand how the impact of menopause on gut health can be crucial in improving well-being.
- Goal Setting: Set personal goals for managing anxiety during perimenopause and menopause and create actionable plans to achieve them.

***This workshop is suitable for individuals who want to understand their anxiety and counsellors who want to learn techniques to share with their clients.**



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 22 May 2026
Cornwall College Camborne - 12 June 2026



**Find out more and
apply online**



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LEVEL No Qualification	DURATION 6 hours
ATTENDANCE Part-time	FEES Tuition Fees: £7.50

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
apply online

