

PODCAST TRANSCRIPT



## EPISODE 17

### *Executive Women and Menopause Series*

### *Part 3:*

### *Dating, Marriage, and the Menopause Journey*

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HAPPY EXECUTIVE WOMAN

## Episode 17

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### Dating, Marriage, and the Menopause Journey

What does menopause have to do with dating? Why am I even bringing this up and hoping that young women worldwide consider these things as early as middle school? What could I possibly share with you? A woman that is already in the throes of menopause or raising children, grandchildren? Being a leader at the office and your community or sorority? What would I possibly tell you that could enhance your connection with your spouse and keep you from the thoughts of him not being attracted to you anymore?

Did you know that men go through their own version of menopause? It's called **andropause**. But I'll share more on that later.

Prepare to be surprised, shocked and ultimately more informed on these topics like never before. Download this episode right now. **No, seriously, stop what you're doing and download the show notes.** Follow the links and share, share, share this episode!

*It's time to stop the cycle. It's time to end the miseducation.* It's time to take back our power as women and for how we are perceived during the most magical time in our lives. And it's time to start making better choices. See you inside the episode.

Hi there beautiful. There's so much I want to share with you about this month's topic. I will provide you with enough information to give you a bit of food for thought and then share how you can get more in the show notes.

**We have a lot to cover, so let's get started.**

The best thing you can do for yourself and the women in your circle is to understand the stages of menopause, and what to expect when your time comes. In the show notes, I have shared with you a link that goes into detail the physical symptoms of menopause. You will definitely want to click on that link when you have a moment to do so. Knowing this upfront will also help you in choosing the right type of life partner.

I teach my clients and workshop attendees how important it is to understand and identify the personality traits and energy of your perfectly authentic relationship. Whether you choose to be married, with a life partner, or in a polyamorous relationship, you should be very clear on what a long-term connection looks, feels, and sounds like to you. Because honey if you are not clear, you will attract others that are confused as well.

## Episode 17

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### **Dating, Marriage, and the Menopause Journey**

If you need help getting clear, I will invite you to take my free video course called “Can He Handle Your Grind.” The link will be in the show notes. Just remember to bookmark the page once you get to the training site. In this course, I will walk you through how to get clear on what you want the personality and the energy of the person that is perfectly imperfect for you. I provide you with the tools, worksheets, and even a visualization exercise to help make it easier for you to accomplish. Once you have completed the course, I'd like for you to consider what you stated you wanted and then review that with the list of physical, emotional, and mental symptoms that many women experienced during period menopause. And I'm saying perimenopause, which is the time leading up to menopause. Menopause is actually the time that you stop having your cycle, so there's peri- and then there's menopause. The reason I'm asking you to do this is so that you can identify any traits that will be needed in your significant other that will provide you with a safe space to transition through this phase in your life.

What trades would those be? Every woman is different but I will share with you the trades that I feel would have made for an easier transition for me, those that would have created a safe space for me to grow through the tumultuous five-year journey. Maybe these will help to jumpstart your thought process. This list is in no way comprehensive as we do not have enough time for that, but at least it gives you a place to start.

So here goes:

- Patience
- Open to understanding
- Learning about the menopausal journey
- Non-judgmental
- Considerate of my feelings, with their choice of words
- Willing to try new things
- Compassion
- No joking around with the sensitive topics and understanding of trauma and how that shows up in your body
- Awareness of andropause
- A good relationship with other women in his life
- Supportive
- Whatever-it-takes type of attitude
- Willingness to look at self
- Care and how he handled me

## Episode 17

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### Dating, Marriage, and the Menopause Journey

Each of these can be an entire episode, and what I need or needed may not be what another woman would need. But the point is to know what you need so that you can prepare to receive it.

What if you are already partnered or married and your significant other does not have the traits you need? Is it too late? **Not exactly.** However, the sooner you focus on your well being learn to take back your power, and understand the symptoms and your options, the faster you will be able to navigate the waters and sidestep any personality flaws. And if done correctly, you can provide your partner with the tools they need to be there for you in a way that makes love to your heart, mind, and soul, when your body is not even thinking about having sex.

Unfortunately, for some of you, menopause will be a time of a great reckoning. It will be the beginning of the IDGAF movement, a time when you as a woman that is now awakening to the truth of who she really is gets fed up with living her life for everyone else and says, 'to hell with all of it and all of you'. Some unions will survive this and others will not. Some will wake up and realize that they've been with the wrong person for all the right reasons, and then we'll set out to make things right for themselves once and for all. She will no longer have the time, meaning you, me, us, you will no longer have the time, patience, or desire to move into the next phase of your life, always putting others first. You may even walk away from your businesses, companies, possibly family members. You may move to a foreign country doing something or do anything that may seem so out of character to others, but it's finally in alignment with your truth. And if you've already done this, if this is you, I get it. Women for centuries have made decisions that were in their best interest... that were not in their best interest actually, but were in the best interest of their children, their finances, their aging parents maybe their church or civic organizations while putting themselves last.

**This is not sustainable for entire lifetimes.**

You will receive no judgment here. Hell, I once stayed in an emotionally and financially abusive relationship as a single mother for the sake of my children. So I understand.

My goal, my plan, my desire is to support women just like you that are in transition. Figure out how to navigate your work home and love lives with confidence and calm, all while being in command of your emotions. Noticed I said command and not control. It is impossible to control your emotions but you can learn how to be in command of them.

## Episode 17

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### Dating, Marriage, and the Menopause Journey

I also want to prepare women that have not yet reached perimenopause for the following:

- How to Be your own best advocate during your monthly sacred time.
- How to release the energy of old hurts wound slights, abuse and insecurities that are holding you back in business and in love.
- How to select the spirit of the person that is perfectly imperfect for you at this moment and then identify whether they will be what you need them to be during your menopausal journey.

I'm going to also teach you how to identify, understand and support your man during his andropause journey. So I promised to share with you what andropause was. Here's the definition according to Webster. **Andropause:** a gradual and highly variable decline in the production of androgenic hormones and especially testosterone in the human male together with its associated effects that is held to occur during and after middle age.

Some of the symptoms of andropause for men are reduced sexual desire and activity, decreased spontaneous erections or erectile dysfunction, breast discomfort or swelling, infertility, height loss, low trauma fracture or low bone mineral density, hot flushes, or sweats, and mood swings. So I know I've heard women make comments like 'he's on his period', or 'it's that time of the month for him' not knowing the scientific reason behind his mood swings and the like. Well, sis, now you know! You can learn more about andropause in the show notes. I've provided a few links for you for your information.

As a woman in business, would you walk into a meeting with one of your largest clients being unprepared? That's exactly how we as women approach our menopausal years. As I have shared in previous episodes, this month, I was entirely unprepared for menopause and suffered most times in silence as a result. This doesn't have to be your fate. Whether you are relating on a personal or a professional level with others, your hormones and energy level play a huge role and how you communicate? What if you knew what to expect? How to prepare for it physically, mentally, emotionally, and spiritually? What if you knew the type of personality traits and the significant other that will be most helpful to allow for a safe space to make your journey as smooth as possible? What if you knew enough to physically and spiritually support yourself and other women in your circle well before reaching the perimenopause phase? What if your company openly supported women during this phase of their lives in the corporate space? How much different do you think the lives of women would be?

## Episode 17

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### **Dating, Marriage, and the Menopause Journey**

Who would you have become had you known to be more kind and compassionate with yourself during your sacred time of the month? What if you understood the mental, emotional, and spiritual work you could have done during that time that would have made this transition, the dying of the old self into your new self, that much easier? After having experienced all that I have with respect to my menopausal journey, it is my mission to bring awareness to the different stages of a woman's life and teach the same information to young girls.

**It is in our unique journeys that phenomenal women are born.**

Imagine if they started out believing in themselves their sacred time of the month, as well as being in a healthy emotional place. What do you think would happen with these young girls?

Here's what I envision. A decrease in the following: suicide, teen pregnancy, domestic violence, rape, STDs or bullying, and an increase in a better outlook on life, better dating choices, healthier relationships, self-confidence, personal and professional success.

Bringing these truths to our young women will not only impact the next generation of middle, high school, and college-age, young girls and young women but will have a ripple effect for generations to come.

I'm done with trying to convince people, *I'm taking action*. I have great things planned. I will share them with you in hopes that you would join me in bringing this vision to life.

**It's time to take your power back, and I'm here to help you do just that.**