

PODCAST TRANSCRIPT



## EPISODE 18

*Executive Women and Menopause Series*

*Part 4:*

*The Wisdom of Menopause*

*with Kerry McKee*

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HAPPY EXECUTIVE WOMAN

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### The Wisdom of Menopause with Kerry McKee

#### Coach Anita Charlot:

Hello, there. I am so excited. I'm so, so excited to have today's guest on the podcast, Kerry McKee! Oh, my goodness, you guys have no idea. We were laughing and talking and just having a great time during our intro conversation. I really could have just hit the record button, and we would have had an entire episode just from that one conversation. So it was a ton of fun. I'm so excited to have you on here today. And for those of you that do not know, you may hear, hopefully, the reception is great. I'm actually in Canada right now on a birthday trip with my husband, and so we're doing this on the road from my phone because the laptop wouldn't work correctly with the internet connection. But we're gonna make it happen, we're going to get this conversation out there because I promise you you are in for a treat. You are not going to want to miss this. If I were you, I would grab a pen and a piece of paper or I would download this episode so that you can connect to it after. You can have it at your disposal, because Kerry is going to be sharing some true gems with you today, and you want to make sure that you have them for yourself, and also for the other women in your circle. So I'm going to stop talking, Kerry, and I'm just blabbing on, and I'm going to give you an opportunity to talk I promise. Kerry, why don't you take a minute and share with our audience who you are, what you do, why talking about menopause is a passion of yours, and what the ladies can expect in our conversation today.

#### Kerry McKee:

Thank you so much, Anita. I'm just so delighted to be here with you. And yes, I've got a big passion for talking about menopause. So who I am is I'm somatic psychotherapist, I live in the Santa Cruz Mountains of Northern California, and I practice online psychotherapy with clients here in California. And I'm in my own perimenopausal transition, and for the last three years, I have been going through it, and all of you out there who are in your own menopausal transition, you know what I'm talking about. Just intense physical symptoms, hot flashes, insomnia, low libido, vaginal dryness, mood swings, headaches, the whole bit. And it's so confusing to know how to navigate this, and as I've been on this journey, it had, you know, just became really clear to me how little support there is for us during this transition. There's a lot of information out there about symptom management, and it's confusing, because you hear lots of different things. It's hard to know what to believe, what to do, it's very overwhelming. But what I became acutely aware of was that the information that was out there was just about menopause as a physical experience, and it wasn't talking about the incredible psychological and spiritual changes that we are experiencing as we go through this journey. And I became really passionate about researching this for myself, and trying to find the people out there who did have something to say about that, and the few books and few organizations - and I mean few, like really few worldwide - that were talking

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about this. And it just became incredibly clear to me that there needed to be one or more organizations and groups that were supporting women in a very holistic way through this transition. And secondly, that we need a cultural change movement to really allow us as we age, to find our power and our wisdom, as we mature into eldership and to really break the misogyny and the ageism of our culture that leaves us feeling so disempowered.

#### **Coach Anita Charlot:**

Yes, amen. Sister, preach, I got my hands in the air. Oh, my goodness, you have said so much, you know, you talk about not being able to find many people organizations that are speaking to the whole woman. Right, not just the physical part. I even went... and I know for those of you listening, I've talked about this on several podcasts before, specifically this month, because we are talking about menopause or national menopause month, and I have even gone out to... I didn't know this existed until I started doing research, but the international menopause society to find, you know, whatever I could find about the... I'm thinking okay, well, this is a menopausal society, they should definitely have something on the emotional and the spiritual aspects of menopause. But of course they didn't, and so when you and I got connected, when Paul introduced us, and then we had our conversation, I was like, Oh, my gosh, here is like my menopausal sister. Right? I was so excited to hear that someone else was actually out there and was concerned about it, and was trying to find out whatever they could, and whatever you couldn't find, you know, be open to creating, right, something that would speak to the whole woman and her journey. So I promise you, as you stated, you know, we always share about the physical aspects, we know what's coming in terms of hot flashes, and you know, the vaginal dryness and all that, because that's what women talk about. You know, they talk about hormone replacement therapy, they talk about bioidentical hormone replacement, they talk about all of that. But I think that because there's such a stigma around menopause and is looked at so negatively, just like your monthly cycles, right? Like, oh, my God, she's on her period, oh, no, Aunt Flow is coming, that whole thing. Because of it, women don't want to open themselves up to the same level of ridicule and, you know, humiliation, as we experienced from puberty. So we don't talk about it. But we need to talk about it. We need to talk about it. And we need to prepare those women who are the young girls so that they know what's coming. We need to talk about it so that those that are in perimenopause understand what's happening and they have an idea of you know how to, I don't want to say control it because I don't think it can, but if we manage it, right, from an emotional, spiritual and a physical perspective, we need to do that. And we need to let each other know and talk about it so that we know we're not crazy! We are not crazy. What we are is - we can talk about this for hours - we are fed up! We are fed up with, you know, once we get to this

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stage, they talk about the moment term 40, they've stopped focusing on what everyone else thinks they should do when they start doing what they really want to do. And then once you go through menopause, you know, and I'm going to be nice here, I'm just going to use the letters. But when you start going through menopause, and you start experiencing all of these things on the inside, right? It's like a tornado going on, on the inside of you, and then there are people doing stupid stuff around you. You move into a period, and I made this post on Facebook the other day, I'm in the IDGAF movement now. That's the space that I'm in. I just don't give a! I don't care. I don't care about what you're talking about. I'm trying to figure out what's happening in my own personal ecosystem. You know, while I'm having these personal summers and sweating out my hair and can't wear certain clothes anymore, I don't have time for all of that. So I know you have been doing a lot of research and I know that you are working on something special for the women. Tell us a little bit more about that. So ladies, you have to pay attention. You have to pay attention. Tell me a bit more about, and I believe you call it The Moon Passage? So what is that all about?

#### **Kerry McKee:**

Yeah, so The Moon Passage is the project that I'm launching that 's about reclaiming menopause as initiation into wisdom. And so it is going to be a community for everyone in their menopausal transition, who will be able to come to monthly online workshops that I'll be facilitating that will include somatic resourcing and mindfulness breakout groups where women can connect with each other around prompts to talk about this wisdom perspective on their menopause and really be able to see what's happening within themselves from a new perspective. There's going to be amazing guest speakers every month talking about different perspectives from psychology, spirituality, health, mythology, sexuality, and lots of other topics. So there'll be the workshops, and then I'll also be facilitating and hosting Moon Passage Councils, where women can gather in a much more intimate group of 12 other women for a four month journey together to really get support around this journey. And then by next year, I'm going to be launching an online community and also in person and online rite of passage retreats, and then also curating what I call a knowledge archive. So writings, meditations, other information by myself and other women who are really speaking to how do we shift into a new narrative about our menopausal transition, that instead of the one that our culture is feeding us right now, that's about menopause is a time of loss when we lose our fertility or youth or desirability, or relevance, that we really get to shift the narrative into one that I love to talk more about here with you. That's about how do we really tune in to what's happening in us at a psychological and spiritual level, that if we can know how to work that passage, we really step into our full maturity.

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#### Coach Anita Charlot:

Oh, that sounds so... so nurturing, right? It's like, well, I think we we talked about before, and I don't know, I can't find the actual like a link that explains this, but just, you know, stories that have been passed down, throughout the generations talk about a time back when women used to have a specific spot to go, right. So in my culture, they talk about a hut, like a menses hut, where women would go when they would be on their cycles, and the women that had already gone through menopause would be there. And they would be there to take care of, to pamper, to nurture, to counsel, the younger women that were coming in. And this was a time where women would, when they had their cycles, they were not doing housework, they were not doing taking care of the kids, they were not taking care of the husband, they were not working in the fields and weren't doing any of that. They were going into this sacred space, and they were being nurtured, and they were able to release, you know, a lot of the emotions and pain and stress from the previous month. So just imagine seven days of being able to disconnect from being responsible for everything and just have someone take care of you, listen to you, counsel you. You'd be refreshed, right? Then you go back the next month, or you go back and for the next month, when you go back to your family, all of that negativity would have been released, and then you could be fully present. So, you know, we talk a lot about people not understanding the mental, emotional, and psychological effects of menopause. Why do you think it's important for us to look at menopause as more than just a physical event? What will be the ripple effects of being able to change that narrative, and what do you think that would mean for women? Everywhere, young and old?

#### Kerry McKee:

Well, I mean, you spoke a little bit to this a little earlier that our approach and our culture to most things having to do with the body is to control them. So that's kind of the narrative about symptom management that's out there right now about the physical part of menopause is how do we control these symptoms? That they're, you know, unwanted, this is an unwanted transition, and we have to find a way to control it. But if we really look at what our body is telling us with any kind of symptom that we're having, it's the voice of our body telling us about either something that's needed, or about a change that's happening. And so as a somatic psychotherapist, and just as somebody who is, you know, really has loved creating a different relationship with my body than what our culture traditionally has, that I like listening to what's happening here, we can really feel how in our menopause, the symptoms that are coming up, we can actually listen to them as not just, oh, I want to get rid of that symptom, it's unpleasant, but what's that hot flash telling me? What is this insomnia telling me? What is this fatigue

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telling me? This fatigue might be telling me, Hey, slow down! You're at a breakneck pace of productivity, that is not good for you. And that hot flash might be saying, hey, like you're generating all of this fire in your body as a way to be able to burn what's no longer serving you. So even the physical part, we can think about it in a really different way than sort of a control perspective. But we, you know, for all of us who are in the menopausal transition, it's almost ubiquitous, that there are some very classic psychological changes that start to happen. One of them is that we often feel that we both feel an incredible amount of creativity and power coming through us, but also a real desire to slow down a little bit. There can be a much more contemplative perspective that comes, and this is, again, ubiquitous. For most women, there can be a lot of anger and irritability that arises during menopause, which we could see as an unwanted symptom, but we also can see that as our whole being saying, hey, look what's out of alignment? I'm not willing to deal with this anymore, either on a personal level, or on a collective level. And so there are these very potent - that's just two examples of many - but there are these very potent psychological changes that are happening in us that if we dismiss them, we dismiss the incredible benefits those can have in our life, for really bringing us into alignment with what our truth is, what our authenticity is, and for making personal and societal change that benefits everybody. And, you know, again, on a spiritual level, for a lot of women, there are incredible shifts that happen at this point with, you know, a real availability to feel more connected to ourselves, more connected to the earth, more connected to a sense of the sacred. And the real key for me with all of these is we're not meant to do this alone. When we think about our ancestral traditions, as you were referring to from all around the world, the menopausal transition is not something that a woman would have been trying to wrestle with herself. She would have had the support of elders who had already been through that transition. She would have had the support of a whole community of women who would be witnessing her through that, and in whatever way that would have been experienced, it would have been done in community. And so I see there really being a powerful need for us to find our own version of that at this time in place where we can, again, be in the community of other women to talk about what are those psychological changes that we're experiencing. How do we harness the wisdom of this time, and how do we understand this as a whole being a rite of passage? Not something that's just to be controlled or gotten rid of?

#### **Coach Anita Charlot:**

Yeah, wow. Being able to experience this time in your life in a community setting I know for me would have made things so much easier, right. As I've mentioned before in previous episodes, I suffered, truly suffered like five years, and it wasn't just the the physical portion right it was the mental anguish, the depression, you know, the what is

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happening with me, what is happening with my body, being irritable, and at times, not really understanding. You know, I was the turtleneck queen, and then all of a sudden, I couldn't wear turtlenecks anymore because of hot flashes, right? I used to be the sweater girl and all of a sudden I couldn't wear sweaters anymore because of the hot flashes, and it was just like, wait a minute, what is this foreign thing that is just taking over my body? You know, not sleeping. I think the most I would sleep at night due to the hot flashes consistently waking me up was maybe four hours. So imagine, you know, going, trying to function in a world where you know, your leader, your mom, your wife, your business owner, your grandmother, you're a caretaker, you're doing all of that on four hours of sleep. Right? That is just crazy. And then when you finally do get to sleep, then my husband's reaching over and touching me and I'm thinking, Are you kidding me? This is the first time I've been asleep in like two weeks, and you want to touch me right now in this moment? You know, it just drives you crazy. And, and I think we talked about this before, right? If we knew just if we just take a step back, I'm 56 now, if I take a step back at least 40 years, right, 40 years ago, when I started my cycle, had that experience been different, right, had it been as you talk about rites of passage. So this is leading into my next question for you, but if that experience had been different, if there had been a rite of passage at that time, as a young girl to tell me, let me know what was happening and to explain to me how important every month is, and how sacred that time is, and to take that time to spend with myself and to, you know, just be able to release whatever emotions you know, in high school, you know, that's you think that's your world. And if a girl doesn't talk to her, she rolls her eyes. If you Oh, my God, your whole world was ending, but if you had an opportunity to get rid of that stuff, you know, every month, how much different would our lives have been as women? Right? Would we have dated or... teen pregnancy, right? When I think about this it is like I have to get into these, I have to get into these middle schools and talk to these girls. Because a lot of young girls believe what these boys say because they don't have that self confidence. They have low self esteem. What if instead, we were spending time with them, we were preparing them for what's to come. We were there for them, they had a sense of community, they knew that they could talk to us, they wouldn't be so open or so quick to run into the beds, or the back of the cars or under the bleachers wherever these things are happening with these young girls. Right? They wouldn't be so quick to do that. So I'm like all about let's do one in the beginning. But what do you think, an actual... how do you feel the actual rites of passage for the menopausal journey, what do you think that looks like? And what would you feel would be the outcome of that? How would that make this journey different for all of us?

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#### Kerry McKee:

Yeah, and all of you couldn't see this, but I was just like, vigorously nodding at everything you were saying about that experience. Yeah, and I just want to say first, before I talk about rites of passage, just to give some context. I mean, right now, in our culture, there is just so much silence about menopause. There's just starting to be a little bit more open cultural dialogue, but it's really it's just starting, there has just been such a just like veil of silence and shame around menopause. Because, you know, our culture is so ageist, and it tells us that after menopause, it's kind of unknown territory, that it's just a loss. There's not a defined role for who we are, after menopause, the same way as there might have been in some of our ancestral cultures, where postmenopausal women would have really been viewed as matriarchs, as wisdom leaders, as someone that was incredibly respected within the group. And so a rite of passage for any point in our life, whether that's for menarche when we first start bleeding, or whether it's for motherhood, or for some other event that happens in our life, or for menopause. It's something that again, ancestral traditions from all over the world practice this having some form of a ritual that helps guide us from one phase of our life into the next. Because it's a way for us to really mark that there's a shift of identity happening. That, you know, we like to think, Oh, well, okay, I'm going to, you know, become something new. A perspective that I think can be helpful to look at this through is that maybe it's more about we're dying into something new. There are actually things we have to let go of, from one phase of our life to be able to actually arrive and another phase that we have to really mark that transition. And that actually means grieving what we're losing. So when we go through menopause, we are letting go of a younger phase of our life. We are becoming different physically. There are, you know, there's this difficult, you know, physical psychological transition that we're going through, it can feel like a spiritual crisis, and we are letting go of what was in the past. And we really have to be able to do that effectively in order to open to what's possible. And so any rite of passage ceremony or process really has three main steps to it. It's about separation. So that letting go of what came before. Initiation, so really finding a way to ritualize, what we're stepping into, and then the return, which is about how do we now embody that in our lives. And so how I see rites of passage for menopause is they can take a few different forms. One is, it can actually be a living process that we're engaged in throughout our menopausal transition. That we're engaged in practices that help us actually grieve, let go, be able to have support with really understanding what the psychological and spiritual passages that we're in and being able to work that passage and being celebrated and embodying who we're becoming, that we're stepping into this new phase. And so that can happen as a process. And what I'm going to be offering with The Moon Passage is either weekend long Rite of Passage Ceremonies, where you can be together with a group of other women, and really be working that

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process together. And then also an online, a little bit longer a four to six month long, journey, where we've got a little more extended time to really be able to explore that process of letting go, initiation, and then embodying who we're becoming.

#### Coach Anita Charlot:

Mm hmm. Oh, yes. Yes to all of it. Yes, to all of it! You know, you mentioned grieving, and that is such... I had no idea that that's what was taking place, but it was like a slow death, almost, it felt like a slow death. Because, you know, as you know, you're aware, as you begin to move into your menopausal journey, your body doesn't respond the way that it used to. You know, gravity is no longer your friend. The clothes that you used to wear you can't wear anymore, you know, you can't do this, you can't do that. This is changing, that's changing, and you just feel like, you know, the woman that you knew yourself to be, you're no longer that woman. And so you fight, letting go of that, because that was your identity, right? That's who you were. That's, no, no, this is who I am, like I am the turtleneck queen. I can't give away these 27 turtlenecks. These are all my favourite turtlenecks, what am I going to do? And then you try to wear them and then you're sweating. And you know, then you look like you are walking around looking like I smeared Vaseline on my face. Because I'm just perspiring everywhere. It's just crazy, the whole grieving process of not wanting to let go. No one around you understanding what's happening. When you say things, like I used to say, oh my gosh, I can't believe it. I used to be able to just not eat breakfast for two days, and then my stomach would go down, right? And now, it doesn't work that way anymore. No matter what I do, I can't lose the weight. People like, Oh, girl, you know, you're skinny, you're smaller than me. I'm bigger than you. And they think that that's helping. That doesn't help you. Because in your mind, this is not the body that you're used to. Right? So now you're grieving your old body, and then for me, there was a period of time where I was grieving. I didn't move into perimenopause, and my journey wasn't natural. I had a partial hysterectomy. So I got thrown into it. At the time because of fibroids, I was like, Oh, get rid of it. I don't need the baby bag. That's what I was calling, you know, my uterus. I don't need the baby bag. I'm done with it. I've had my kids to go ahead and take it. And that was like two and a half years, two and a half years after. Actually it was longer, like maybe four years after having had that procedure. For some reason, all of a sudden, I just started grieving like missing my uterus and it's like what is happening here? I wasn't using it, I never really thought about it? Right? I've never really, I've just like, Oh, my goodness. And when I did think about it, it was the fibroids. Oh, that's terrible, or my cycle, oh my god, I have cramps. I was never truly connected to my womb in a positive way. So it really shocked me when I started grieving my womb. And we talked a little bit about this, and, you know, we talked about the womb being our power center, and so then I started thinking, Oh, my God, I don't have a power center anymore. What am I going to do? I willingly

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allowed them to take my power center! How is that going to affect me? I went through this whole thing, and then you said something, which was, which, you know, resonated with me and I'd heard from, I had asked before to another person that does energy work, and you both said that just because it's not there in the physical sense, doesn't mean that, you know, you don't have that power center anymore. It is an energetic center. And when I started thinking about it, in terms of the chakras, it's not like my chakra was removed, right? The physical portion, the body part was removed, but the energy center is still there. So I think that is, you know, all of these things that we don't think about. I never thought about this before, and I've been, you know, a student or a lover of metaphysics for over 20 something years, but even in my love of metaphysics, there was never really a lot of conversation or readings or things like that about the menopausal journey, and I'm like, Wait, how could you not talk about this? Why are more people talking about this? I was so glad when we got connected and that I had an opportunity to have you come have, you know, a candid conversation about it. Another reason why I was happy to have you is because I am a coach, and I'm on the my path to get my PhD in metaphysical psychology. But you are a somatic psychotherapist. For those individuals that are not aware of what a somatic psychotherapist does, if you can share that with us. I know what it is, but I didn't before someone shared with me. So share with us what a somatic psychotherapist is, and how your background influences what you've created with The Moon Passage.

#### **Kerry McKee:**

Yeah, so I mean, somatic psychotherapy is a very broad field, but I'll speak to how I practice it. And, you know, kind of the core of that, for me, is really reconnecting to our bodies as a deep, deep source of wisdom. And this directly connects to everything we're talking about, you know, about menopause. And I want to give this context first that, you know, one of the reasons we have so much silence around menopause, you know, is obviously, because we live in a patriarchal society. Part of that is being really, really disconnected from the body and the feminine, and so to me, somatic psychotherapy is a radical form of reclaiming the feminine. That's really what's at the root of it. And so what it actually looks like is being able to guide my clients to be able when they're having a particular emotional experience, or a particular challenge in their life, to really sense into how they're holding that in their body. We have physical sensations that go along with emotions, or we might find ourselves tightening or constricting or a particular intense sensation in our body. And when we're able to go in and listen to that, what we find is that there's an incredible amount of information in there, that it provides us with a deeper level of understanding of our own psyche of our emotions. We can find answers that come directly from our body, there can be incredibly rich imagery and incredibly rich

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inspiration that's held within the body. So reconnecting with that is a deep source of wisdom. And I practice that through a number of different modalities, hakomi internal family systems, EMDR, mindfulness practices, and other pieces. And another related piece that to me feels completely intertwined with somatic psychotherapy is working with clients to help reconnect to the earth, to the more than human world. That is our larger body, and really having a sense of connection to all of life really allows us to be able to come into our wholeness in a much deeper way.

#### Coach Anita Charlot:

I love how you say that, that somatic psychotherapy to you was a radical reclaiming of the feminine message, I just want to put my fist in the air like girl power, right? It's just, it's such a, it's such a great place to be. And I think that, like I'm here you are here at this point in time because we're supposed to be, right? We're supposed to be the ones to start to light the fire, to start the conversations, you know, to, to ask the bigger questions to go deeper, not just within ourselves, but to help our clients go deeper as well. So this is totally, totally amazing for my own personal experience with a somatic experience practitioner was because I did not realize that I was not - and I know this is gonna sound crazy to some people - but I used to always have this feeling that I would I wasn't from here, like I didn't belong here. Right. I just felt like this was just a foreign place for me. But what I recognized was that I was so disconnected from my body, that there was no other way for me to feel but like a foreigner, right? When I went to see the somatic experienced practitioner, it was because I was having so much stress, and so much pain in my neck and shoulder area, like my head would just lock. I couldn't turn my head to the left or to the right, I would have to turn my entire body. And what the somatic experienced practitioner, the SEP, what she taught me was how to determine in the moment where the energy was flowing or was being blocked, right? Where are you holding this? Where are you holding your trauma? You have to really start being present, you know, part of mindfulness is just being present in the moment. So I was always looking and ignoring what I needed, because I was always there for everybody else. So it caused me to have to slow down to identify, Okay, wait, I feel this tensing? Why am I tense right now? Right? What is happening in this moment that is causing me to tense up? What is happening in this moment that is causing this? I can feel this migraine coming on, what's just happened? And how can I slow this process, either stop the migraine, or deal with whatever this is, so that it doesn't continue to happen? So, honey, this is, this is just so juicy. And I know I can talk to you forever and ever probably, you know? I would love to have you come back on, you know, during another episode, and we have another candid conversation, because I think that it's important that we share this. It's important that we keep the conversation going, and I definitely want to continue to share with my audience when you are in your journey in terms of actually

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launching The Moon Passage or any other courses or, you know, offerings that you may have. So with that, I'm going to ask you to share with our listeners where they can reach you, how they can contact you. And if there's anything that you have going on right now, any special programs are or if you're taking new clients, and just share with the listeners so that they know how to get in touch with you, Kerry, because you are absolutely amazing. And I've only spoken with Kerry like twice, but trust me when I tell you this will not be the last time that I'll talk to her. So you definitely want to get on her calendar before I do. So I'll go ahead and stop talking and let you share how people can reach you.

#### **Kerry McKee:**

Oh, thanks, Anita. So the way to reach me and the project is to go online to [themoonpassage.com](http://themoonpassage.com) where you can read a lot of wisdom writings on there. You can learn more about the perspective of this project and find out more about the next events. Our next workshop is going to be in November, and so take a look at [themoonpassage.com](http://themoonpassage.com) for info on that workshop and then the next round of Moon Passage Councils that we'll be doing, and that's the smaller, more intimate group of women supporting each other, that'll be starting in January. And then a little bit later next year, we'll be rolling out the online community, and in person and online rite of passage retreats. So we go to [themoonpassage.com](http://themoonpassage.com), you can sign up for our newsletter there, and be able to get all the updates on what comes next.

#### **Coach Anita Charlot:**

Thank you so much. I have enjoyed this conversation. Again, I loved our first conversation. I enjoyed this one as well. I can tell you guys, remember I told you I'm in Canada, I left just quickly to go to the diner next door to grab breakfast so I could come back and get set up. Because I could not wait to talk to Kerry again. And I know that once you go to the website, and you read some of the wisdom writings, which I'm about to head over there myself now, you're gonna fall in love with her just like I did. And know that we are here and there's support and that you're not alone and that you're not crazy. And that you can get through this. You know, I've mentioned before how this is like the stage where women who have been, you know, CEOs of Fortune 500 companies will quit their jobs, right and, and sell everything and then move to Bali and sell bikinis on a beach somewhere. Well, you know, if that's what you want to do, that's great, but we're here to help support you through it. So there's no need to run, there's no need to hide. Definitely check out Kerry's website when you have an opportunity. And if you have any questions from this particular episode, go ahead and head over to the contact page, [anitacharlot.com/contact](http://anitacharlot.com/contact), and I'll be happy to answer your questions on an upcoming episode. And if there are any questions, if you for whatever reason can't find Kerry, you

## Episode 18

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### **The Wisdom of Menopause with Kerry McKee**

just circle back with me and I'll be sure to put you in touch with her. Kerry, thank you so much. I'm so excited to have made this connection with you, and I cannot wait to talk to you again.

#### **Kerry McKee:**

Ah, thank you so much Anita. It's just been a total delight, these conversations with you, and I'm so looking forward to more and just... Yes, just a big yes. To second what you said to all the women listening to this, there is support, and together we can change our cultural narrative of menopause to one that's about our wisdom and our power.

#### **Coach Anita Charlot:**

Yes, absolutely. Okay, Kerry. Well, thank you so much. I will see you guys inside the next episode!