

# Menstrual Health in Sport

An engaging workshop on menstrual health for girls, coaches and parents.



## YOUR FACILITATORS: LISA & NATALIE

As certified holistic health coaches, Lisa and Natalie are dedicated to supporting girls through these pivotal life stages, helping them embrace their physiology and thrive with whole health and wellbeing.



## EMPOWERING AND INFORMATIVE

This session is designed to help girls, coaches & parents understand the menstrual cycle and how it can impact physical, mental and emotional wellbeing. Through engaging learning participants will explore the different phases of the cycle, how to manage symptoms and how to make informed decisions about training, rest and recovery.

We'll also cover essential topics like menstrual hygiene, body literacy and the importance of open conversations and support. By linking cycle awareness to performance and health, this workshop empowers girls to feel more confident, in tune with their bodies and supported in their sporting and wellbeing journey



## **MENSTRUAL HEALTH IN SPORT**

### **LEARNING OUTCOMES**

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Understanding of  
Menstrual Health



Physical & Emotional  
Impact of cycles



Managing Menstrual  
Health & Hygiene



Seeking support &  
resources for health



Longevity in Health  
and Life Phases



Harnessing Menstrual  
Cycles for sport & life

**60 MINUTE INTERACTIVE  
WORKSHOP**