

### 3-What I've Been Doing Since 2008 MP3 Transcript

As you can see in the image, here, I've been very busy...

## What I've been doing since 2008



I was actually very scared when I first embarked on this new career of helping women understand menopause. As I told you in the previous section, I had been working in the hotel industry, so what did I know about women's health. Absolutely nothing! I was like a sponge, though and I rocked up at every medical conference that was doing something on menopause and this is how I eventually joined the British Menopause Society ([www.thebms.org.uk](http://www.thebms.org.uk)) - I was so scared they would find out I was non-medical and that they throw me out but... got over that! I then decided that if I was really going to help women I needed to get myself onto the Medical Advisory Council of this esteemed organisation and after two tries, I succeeded. I am the first lay person to be elected onto the committee - I was and am so chuffed to reach this position.

Imagine, sitting on a committee with the best specialists in the country - oh, and that's another thing. I thought, probably like you that ALL gynaecologists were menopause specialists - NO they are NOT! So make sure you mention this to your doctor when looking for a referral - make sure you are referred to a menopause medical specialist. So, on this committee, I am sitting with, yes, gynaecologists, endocrinologists, heart specialists, breast cancer specialists, and many other 'ologists' and they ALL have a special interest in women's health and menopause in particular.

Over the years, when I was learning my craft, I was invited to tell my story in a variety of national magazines, BBC radio stations and even BBC TV, not forgetting ITV-Good Morning where I discussed sexual relations with Phillip Schofield!

And, I am building a health customer base of well-known organisations who now seek me out to tell their managers and employees about menopause.

It's the Best Job in the World and I seem to have found my vocation. I love what I do! And, I trust this reflects in how I present my training programmes.

Let's move on, now to the next section where I can tell you more about the Four Steps to making sense of menopause - the objectives, the outcomes, etc. Please click on the next audio link