

KATHARINE GALE

Consultant Nurse and Certified Coach



"Imagine a world where, instead of breaking us, menopause is the making of us. That is the world I am working to create."

Katharine Gale

Katharine is a Certified Coach and Consultant Nurse with nearly three decades of experience in the NHS as a senior nursing leader.

FluxState is about empowering women; and the basis of empowering is understanding and information.

As the founder of FluxState, Katharine provides women with the information they need to understand their bodies and their minds.


Katharine empowers women to deal with the challenges they face around the menopause - so they can move from a state of uncertainty (flux) to find a state of flow.

Katharine works with organisations to help them support staff who are experiencing menopausal symptoms and create work environments that recognise the physical and mental experience of menopause

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FluxState:

- *Coaching, Courses & Consulting*

SPEAKING & MEDIA

Katharine is a passionate and fascinating speaker bringing gravitas and insight into her topics and ensuring the audience are engaged from beginning to end.

Topics:

- *Smashing the Stigma*
- *Menstrual Wellbeing*
- *Menopause*
- *Women's Health across their Life Course*

FluxState

FLUX TO FLOW