

# KATHARINE GALE

Consultant Nurse and Certified Coach  
MSc BSc RN Hons



"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.

"Katharine is a passionate and fascinating speaker bringing gravitas and insight to her topics and ensuring her audience are engaged from beginning to end. Highly recommend!"

Sara Price, Actually

**FluxState**  
FLUX TO FLOW

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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
- Managing the Menopause
- Women's Health across our Life Course

# MENOPAUSE WARRIORESS<sup>®</sup>

Committed determination | Radical Simplicity | Passionate Advocacy

## KATHARINE GALE

Consultant Nurse and Certified Coach & Trainer

MSc BSc RN Hons



"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 Consultant Nurse, Certified coach and trainer with nearly three decades of experience in the NHS as a clinical nursing leader in women's health.

She is the Founder and Director of FluxState, which is about empowering women; the basis of empowering is understanding and information.

Katharine provides women with the information they need to understand their bodies and minds to Master the Menopause.

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

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

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### FluxState:

- Menopause Virtual Clinic
- Coaching, Courses & Consulting

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### Topics

- Smashing the Stigma of Women's Health
- Menstrual Wellbeing
- Navigating to Mastering the Menopause
- Women's Health across their Life Course