

MENSTRUAL CYCLE WORKSHOPS

CYCLE-SISTERS.COM

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— GO WITH YOUR FLOW

MORE THAN PERIODS AND PMS

the disconnect

For many girls, learning about their menstrual cycle is embarrassing, awkward and preferably avoided. They're not taught how to practically navigate their cyclical hormones, and end up pushing through these daily changes instead of rolling with them.

There's a disconnect.

70% of girls feel negatively about their period.

40% of girls hate everything about their period.

9% of girls have no idea what a period is.



All of this can lead to menstrual shame

Menstrual shame is detrimental to a woman's wellbeing

- They can learn to distrust and dislike their bodies
- They develop shame around their body
- They can begin to believe that they're inferior
- They put up with poor health because they don't know what's normal and feel ashamed to seek help
- Girls can feel unprepared for womanhood
- It can lead to traumatic childbirths down the track



**But the menstrual cycle is more
than PMS, chocolate cravings,
and lady-rage!**

The background features a light beige central panel. Surrounding this panel are several large, rounded, abstract shapes in teal, pink, purple, and yellow. Each of these shapes contains a small, black, hand-drawn wavy line. The overall aesthetic is soft and organic.

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This one hour workshop aims to help young women understand the beautiful dance between hormones, phases and changes, and how to live in sync with them.

They'll feel equipped and empowered to support themselves physically, mentally and emotionally as they journey through womanhood.

Learning Experience



Hormones 101

We begin with an overview of the menstrual cycle (the science-y stuff!)



Seasons

We then explore the four cycle phases as seasons, (because they beautifully mirror nature and is more relatable)



Menstrual Cycle Awareness

We discuss what each season brings, and how we can support ourselves through the tricky parts and harness the good ones!



Charting

We learn the importance of tracking the cycle, how to do it, and the benefits it brings.



Explaining the phases of the cycle in terms of seasons is a more relatable and memorable way for girls to understand it.

The phases beautifully mirror the seasons in nature:

ie. In winter, animals hibernate and trees don't grow much to save their energy for spring. And we often want to cosy up on the couch with a hot chocolate. Likewise, during our own winter (or period), our hormones are low and we don't have a lot of energy - our body needs rest. So this is a great time to rest and reset, read books, chill out and fill our cup.



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Spring

- Our energy is starting to pick up as our oestrogen rises. Hello strength and energy surge!
- During spring we can build more muscle, perform better in sports and push ourselves harder - time to smash some exercise goals!
- Cervical fluid is thick and creamy

Physical

Emotional

- During spring you might start feeling more social and confident
- You might feel a playful energy bubbling up inside - get out with your friends and have some fun!
- You should feel an improvement in your mood compared to winter. Enjoy it!

SUPERPOWER:
Playfulness

Spiritual

Mental

- After winter you might feel like spring cleaning your life. Get your calendar out and start planning your schedule!
- This is the season to start acting on things you were thinking about doing during winter.

- Thanks to oestrogen we have increased mental focus and memory retention! Take advantage of this superpower by studying hard during this season.

Spring



Our follicular phase!
DAYS 8-14

Superpower: PLAYFULNESS

After menstruation ends, you'll move into spring which is the follicular/pre-ovulation phase. As oestrogen rises you're coming out of hibernation, ready to blossom as you head to ovulation. Say farewell to the winter blues and period cave because hormones are kicking off and you're back in the game!

Self Care Tips

- Now is the best time to **start new projects** and work on your ideas which you had during your period, and all the new ones you might start to get right about now.
- If you're feeling playful - get outside with your friends and **be silly!** Get dancing or do handstands in the park!
- Now that our energy is picking up, make the most of your **increased strength!** Lift some weights, swim some laps, chase those sporty goals. You'll feel better for it.
- **Get creative!** Your energy now is about creating - (both the egg inside you, and being arty and creative). Spend time enjoying whatever you like doing to express yourself - dance, paint, draw, write, take photos, play sport, cook etc.
- Try to **sleep well** and build your energy to help your body work at its best.
- Make the most your **increased mental focus and memory retention** this season - get that study in and be productive!
- Eat good quality carbohydrates and iron-rich food to help your body produce the hormones and energy it needs to ovulate. eg. seeds, nuts, fresh green veg, grass-fed beef, wild fish, eggs, chicken, salads and avocado.

One of the methods we can use to track our cycle is a '4 Body Check In'.

By simply making observations on each of the 4 areas of ourselves (mental, physical, emotional and spiritual), girls learn how to listen to their bodies. And doing this regularly will help them see how they change throughout the month, and eventually know intuitively where they are in their cycle.

We want girls to be in tune with their cyclical selves so they can know when something is off, what their needs are, and how to meet them.

4 Body Check In

Charting your four bodies involves noting daily observations on each of these areas.

PHYSICAL

How your body feels energetically and any symptoms or sensations in your body.
eg. tension, pain, tingling, energised, tired etc

EMOTIONAL

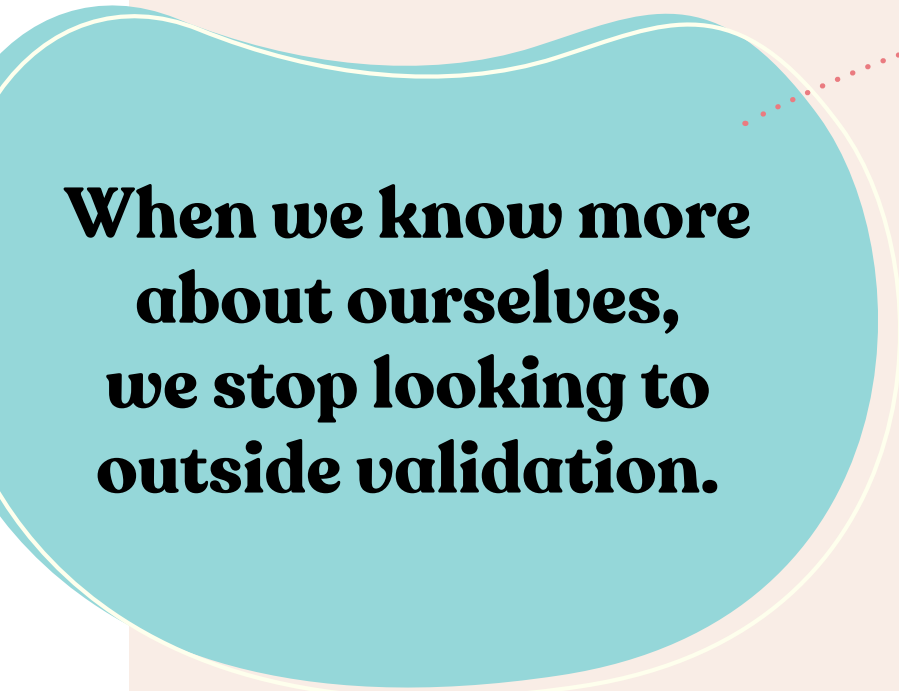
How are you feeling emotionally today?
eg. happy, excited, calm, nervous, sad, confused, worried etc

MENTAL

The quality of your thoughts, beliefs, attitudes and self talk.
eg. confident, anxious, resilient, doubtful, worthy, clear etc

SPIRITUAL

How are you feeling spiritually within yourself, your life, and what are you needing?
eg. feeling like you need alone time, feeling like you want to create something, feeling like you want to hide or run away etc



**When we know more
about ourselves,
we stop looking to
outside validation.**



When girls understand their menstrual cycle:

- It helps them form a deep connection to their body
- They build self-compassion & self-confidence (because knowledge is power!)
- It empowers them to self-care and look after their bodies
- It gives them a sense of pride in their bodies
- And most importantly, as it's now widely considered the 5th vital sign of health, they can notice when something isn't quite right

Learning Intentions



Girls will understand:

- What the menstrual cycle is
- What each phase of their cycle brings physically, mentally, emotionally and spiritually
- How to support themselves throughout their cycle



Girls will be able to:

- Track their cycle (chart, fluids, energy, apps)
- Listen to their body and make observations on how they feel physically, mentally, emotionally and spiritually
- Identify what they need in response to the above

Hi, I'm Juliet




I'm a menstrual educator for young girls and teens and a graphic designer. As a certified First Moon Circles facilitator I'm passionate about teaching girls how to live in sync with their hormonal rhythms and help them form a healthy, positive relationship with their body. My desire is to break the stigma around menstruation, inspire body confidence and celebrate the changes that bring girls into womanhood.

It wasn't until my thirties that I started to research and learn more about my cycle, which transformed the way I live my daily life, my relationship with my body and how I exercise. Now I'm passionate about bringing that information and wisdom to young girls as they begin their own menstrual journey.

I've been lucky enough to train under First Moon Circles founder Charlotte Pointeaux and internationally renown author and period coach Claire Baker.

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When we teach girls how to support their energy and mental wellbeing across the whole of their cycle they learn to appreciate their body and themselves.

And that is a major step towards breaking the period shame & stigma, and developing greater self-confidence.



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