

Beverley Anderson MCGI, MIoL

EXECUTIVE COACH & ADVISOR · CERTIFIED EXECUTIVE MENOPAUSE COACH ·
FOUNDER, BACK TO HERSELF™



Speaker & podcast guest, for shows reaching women navigating menopause and midlife.

GUEST BIO

I'm an Executive Coach and Advisor. I help women navigating menopause understand what's changing beyond the symptoms and reconnect with themselves, with a particular specialism in the demands of leadership and senior roles.

I came to this work the hard way. A near-death experience, an undiagnosed chronic condition, and then my own menopause changed how I thought, worked and led. Brain fog, and the anxiety it brought, was the hardest part for me, not the hot flushes.

That's what sent me looking for real answers: an ILM Level 7 Executive Coaching & Mentoring qualification, certification as a Certified Executive Menopause Coach (Distinction), and research involving 179 women.

I talk about the gap. Between the symptoms everyone discusses and the ones that actually hit hardest. Between feeling unlike yourself and understanding why.

THE CORE CONVERSATION

Most menopause conversations stay at symptoms.

I focus on what's rarely explored with real depth: the cognitive side, brain fog, word-finding, concentration, and what it means for a woman who leads, decides and speaks for a living.

It's not decline. It's a change your brain is working through, in a body and a career that were never given the language for it.

At the heart of my work are Back to Herself™ and the B.A.L.A.N.C.E.™ Framework, a whole-person approach that helps women reconnect with themselves and step into what comes next.

The Menopause Brain

What oestrogen actually does for memory, focus and word-finding, and why the science rarely makes it into the conversation.

What Actually Hits Hardest

What 179 women told me affected them most, and why it isn't the symptom most menopause content focuses on.

Who Am I Becoming Now?

Why the more useful question isn't how to get back to yourself, but who you're becoming in this season.

The Word That Won't Come in the Meeting

What cognitive changes mean for women who lead, decide and speak for a living, and why it's often read as something it isn't.

SUGGESTED QUESTIONS

What made you decide to focus specifically on the cognitive side of menopause?

What is actually happening in the brain during menopause?

What's the difference between coping with menopause and flourishing through it?

CREDENTIALS & HIGHLIGHTS

CPD Certified Executive Menopause Coach, Kathryn Colas Academy, passed with Distinction

Original research involving 179 women, the Menopause Insights Report™

ILM Level 7 Executive Coaching & Mentoring

Founder, Back to Herself™ and Feel Like You™

Member of the City & Guilds Institute (MCGI) and the Institute of Leadership (MIoL)

Creator of the B.A.L.A.N.C.E.™ Framework

SOUNDBITES

"It's not decline. It's a change your brain is working through."

"I'd rather close the gap than repeat what's already been said."

"You're not trying to get back to who you were. You're finding out who you're becoming."

LET'S START THE CONVERSATION

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