



katecodrington.co.uk

Kate Codrington

AUTHOR, FACILITATOR,
SPEAKER

MEDIA KIT

Hi. I'm Kate!

AUTHOR, FACILITATOR, SPEAKER

I am an author, speaker, facilitator, mentor, artist and podcaster. My first book, *Second Spring: the self-care guide to menopause*, is one of the seven best books on menopause according to the New York Times. I mentor professionals and people in perimenopause and beyond, 1-2-1 and in groups, am a nature-based Yoga Nidra meditation guide, host *Life - An Inside Job* podcast, have been a therapist for over 30 years and create multi-level art textile projects. When I'm not doing these things you'll find me playing in my compost heaps. My second book, *The Perimenopause Journal*, is available now.



9K

Instagram



3.5K

monthly page views



51.4K

podcast downloads



2K

email subscribers

Second Spring

the self-care guide to menopause

Second Spring offers a new vision for menopause, mapping the psychological phases and showing how this period in your life can be a time of personal growth. Like your slightly sweary best friend, I guide you through managing physical challenges with lifestyle changes and understanding what might be causing them. Whether you choose a natural route, HRT or a combination of both, there's a wealth of self-care practices available here to soothe your symptoms. These include journaling prompts, practical tips, soulful enquiries and real-life solutions for managing symptoms with kindness, helping you to become the person you always longed to be.

PRAISE FOR SECOND SPRING

**One of the seven best books on
menopause**

The New York Times

**One of the ten best self-help books of
2022**

The Independent

**The best book I've read on
perimenopause**

Kimberly Ann Johnson

The Artist's Way of menopause books

Sophie Fletcher

Hopeful, truthful and wise

Susie Orbach



Second Spring is published by HarperCollins and available as audio, ebook and paperback and available in Dutch as Tweede Lente

my second book

The Perimenopause Journal

unlock your power, own your wellbeing, find your path

Have you noticed how everybody has an opinion about how you should manage your perimenopause? Meno-washing corporates, social media influencers and the nice lady next door all have strong views on what works. But you are brilliantly, uniquely you! When perimenopause unleashes its hurricane into your life, giving yourself loving attention by tracking your self-care and symptoms will help you to find your path.

- 52-week undated self-care journal
- A feminist and modern approach – fun and irreverent
- Explores the physiological and psychological aspects of the perimenopause.
- Looks at HRT, natural and blended support
- Brings mindfulness and kindness to your transition

PRAISE FOR THE JOURNAL

An essential resource for anyone looking to navigate perimenopause with a sense of empowerment and purpose.

Prof Annice Mukhurjee

This is a journal like no other

Suzy Reading

This is the BEST journal I've ever had.

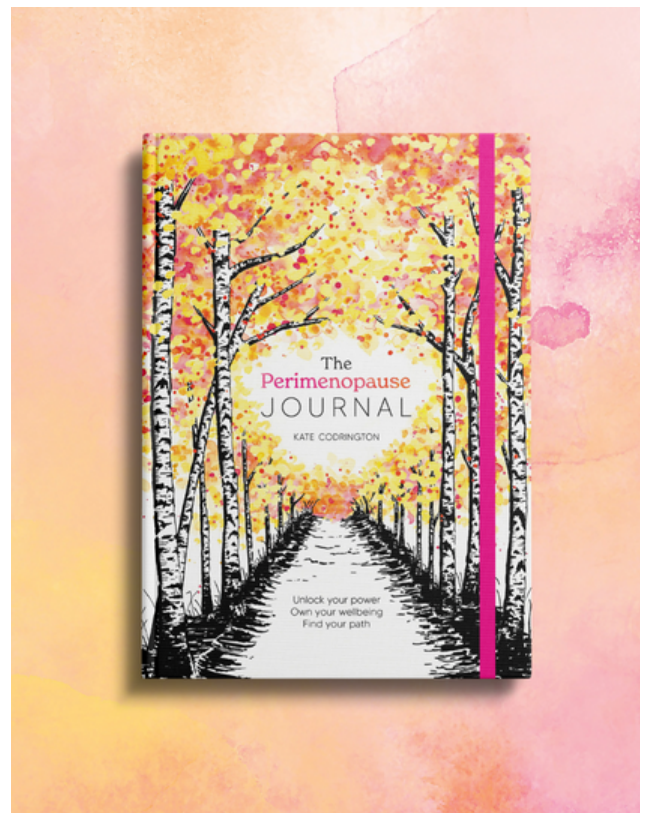
Nicole George

This is the definition of lush

Pat Duckworth

The book that I wish I had when I began perimenopause in my 30s

Joanne Hardcastle



The Perimenopause Journal is published by David and Charles and available at all good bookshops

Life An Inside Job

At Life An Inside Job podcast we turn away from appearances and surface concerns to explore our internal lives, and centre our inner experience as a source of comfort, wisdom and creativity. I interview experts in their fields on topics including perimenopause of course, but also high sensitivity (HSP's), ADHD, Autism, cyclical living, grief, ageing well, shame, creativity, writing, Yoga, the nervous system and much more.



MOST DOWNLOADED EPISODES

Inside the Highly Sensitive Person
with ChaNan Bonser

ADHD and Perimenopause
a multi-guest episode

**Inside the Crone - How To Have A
Bass-ass Postmenopause**
with Jane Hardwicke Collings

Autistic Perimenopause
a multi-guest episode

STATISTICS

51k+

total podcast
downloads

4+ years

started in
Dec 2020

120+

episodes in Feb
2024

5*

podcast rating

REVIEWS

“Kate not only has a wealth of knowledge but a giant heart. This is a podcast I trust, always an empowering, nurturing listen.

one of the many 5* reviews

TOPICS

I am available for keynote speeches, for interview, expert comment, workshops or guest features on a range of topics, including:

- ✓ How to understand your 'inner seasons' to track your energy and find calm
- ✓ The perimenopause revolution: why it's time to stop fearing menopause
- ✓ Returning to your true self
- ✓ Sex and perimenopause
- ✓ Coping with rage
- ✓ Joylessness and how to find it again
- ✓ Understanding your perimenopause partner
- ✓ Menopause as a positive opportunity for personal and spiritual growth
- ✓ Self-care for perimenopause, menopause and postmenopause
- ✓ Positive ageing and how to age well
- ✓ Understanding what symptoms can offer us for personal development
- ✓ Creative vibrancy in menopause and postmenopause
- ✓ Rest and nourishment in an age of toxic productivity
- ✓ How the patriarchal narrative is making you ill

AS SEEN IN

**The New York
Times**

BBC

**The Sunday
Times**

THE INDEPENDENT

Client Testimonials

“Kate is the voice of reason and inspiration when it comes to menopause. She’s the voice of care and reassurance. If you get a chance to listen to Kate, don’t hesitate!

*Rachel Lankaster,
MenoClarity*

“She’s a beacon of light in the hormonal storm—part coach, part cheerleader, and 100% the person you need in your corner. Thanks to her, I’m not just surviving; I’m thriving and even laughing at this wild journey.

Jo Erin Yates

Client Testimonials

“

We were so grateful to have Kate come along to Bauer to do a session on the Power of Peri-Menopause. Not only did the session allow us to bring together a community of people, we also had employees come away from the session feeling re-assured and supported. Kate's session was interactive allowing our people to share their own experiences and provided a safe space to connect and engage. I couldn't recommend Kate's sessions enough

Siana Anderson, Bauer Media

“

Kate has a great deal of expertise and is a wonderful speaker. Working with her is easy and joyful in every way and our clients respond really well to her. Can highly recommend Kate's work.

Kat Farrants, Movement for Modern Life

“

I invited Kate Codrington to make a presentation at my recent Navigate Menopause with Confidence Summit and she more than lived up to my expectation. She led us through a powerful visualisation to help us understand our menopause symptoms and obtain insight on how to deal with them. The feedback from attendees was very positive. Her calm and thoughtful presence is a bonus for any event. I strongly recommend her.

Pat Duckworth, Smarter Menopause

“

Kate Codrington inspired and educated in her training around working therapeutically with the menopause. Attendees were highly engaged and moved by Kate's teaching as well as being resourced to work more confidently in this specialist area. We highly recommend her.

National Counselling Training Institute

Speaking and Media Experience

I am known as a passionate and skilled communicator, bringing humour and engagement for an often challenging topic. I meet each audience where they are at and bring reassurance and education to find ways of dignifying and caring for the perimenopause years and beyond. My podcast Life An Inside Job has a 5-star rating across the world.

APPEARANCES INCLUDE

In print

Sunday Times Style Magazine Nov '24, The Sunday Times Oct '24, My Natural Lifestyle Dec '24, Your Healthy Living Dec '24, Yoga Magazine Dec '24, Top Sante Dec '24, '23 + '22. Women's Health Sept '24, The Independent Oct '24, Belfast Telegraph Oct '24, Stylist Sept '24, Juno Magazine Sept '24, Sovereign magazine Aug '24, Psychologies March '22

Recent speaking, podcasts and workshops

BBC Wales Science Cafe - January 2024
Wild and Finally F***ing Free Podcast - November 2024
Spilling The Tea Podcast - November 2024
Midlife Feast Podcast - September 2024
National Counselling Training Institute - September 2024
Menopause Conversations with Amantha King - September 2024
Menopause Mindset Podcast - October 2024
Pleasure in the Pause Podcast - August 2024
Vagina Museum with Rachel Lankester and Lucy Peach - July 2024
Mind Body Spirit Festival - May 2024
Wellbeing CIC 2 workshops - March 2024
Rebranding Midlife Podcast - 2022 & 2024
Femmepowered Podcast - 2024
Bauer Media talk November - 2023
Spring Into Menopause Summit - September 2023
MenoClarity Summit September - 2023
Middling Along Podcast - 2022 + 2024
Sex Birth Trauma Podcast Kimberly Ann Johnson - July 2022
The Hagitude Sessions Podcast Sharon Blackie - October 2022



WHO I WORK WITH

I work with sensitive women and non-binary folk who go to yoga but cringe at the chanting; get the giggles in a gong bath or close out their mindfulness class with a glass of prosecco. They are sharp, they've busted glass ceilings, they've burned out and (hopefully) recovered and are now longing to grow more content and live their lives sustainably and stylishly.

MY MISSION

My mission is to change the way we regard menopause and show how we can relax into our own, inner authority through our cyclical nature, deep body intelligence and menopause process.



GET IN TOUCH

Please get in touch to talk about how we might work together, I'd love to hear how I might serve your community.

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Kate