

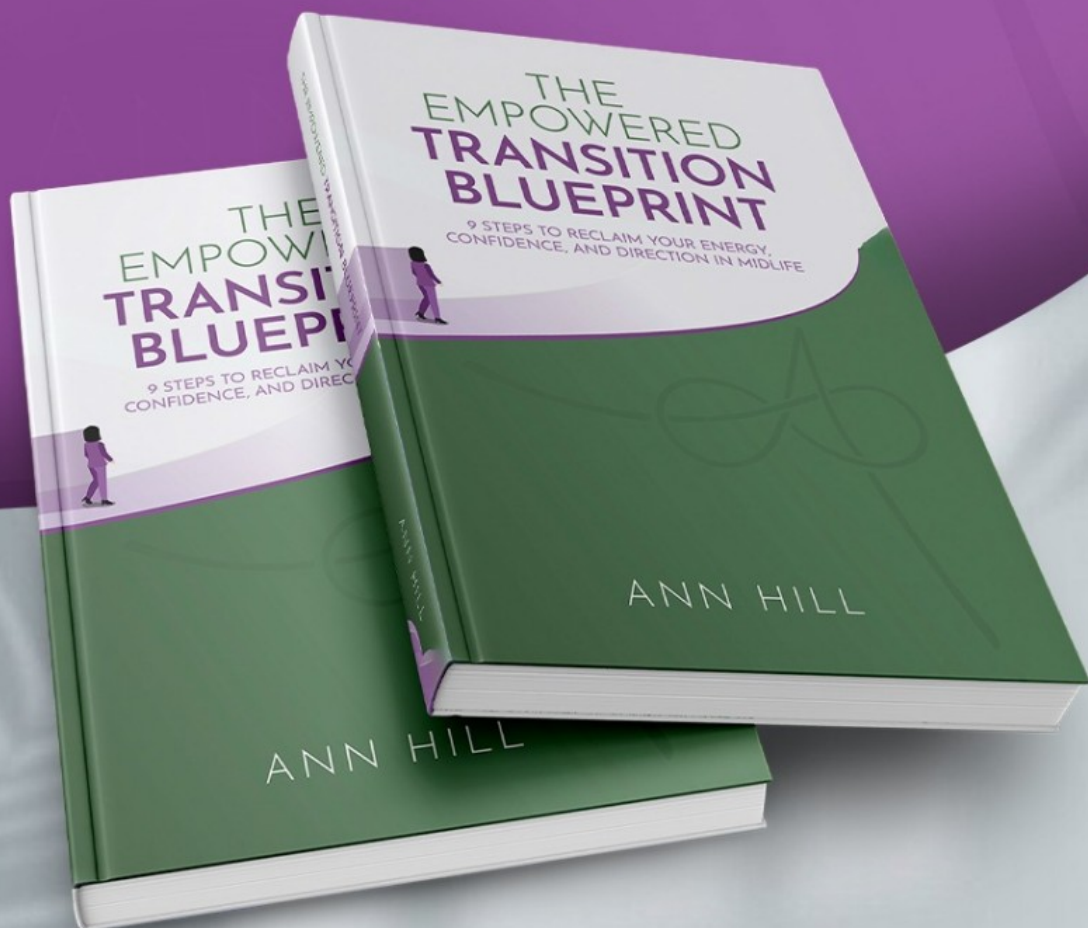
# **Ann Hill to Release 9-Step Guide for Women Navigating Perimenopause and Midlife Transition**

**The Empowered Transition Blueprint Combines Physiological Science with Coaching Practice to Address a Documented Gap in Midlife Women's Health and Identity Resources**

# BIOMEDICAL SCIENTIST AND MIDLIFE COACH

## ANN HILL TO RELEASE

STRUCTURED NINE-STEP GUIDE FOR WOMEN  
NAVIGATING PERIMENOPAUSE AND MIDLIFE  
TRANSITION



coach, is set to release *The Empowered Transition Blueprint: 9 Steps to Reclaim Your Energy, Confidence, and Direction in Midlife*, a structured self-development guide written for women navigating perimenopause, menopause, and the identity shifts that accompany midlife.

Midlife is much more than hormones. There's an identity shift that comes with it. Many women start to question who they actually are and what they truly want from life. Careers and relationships and the way we live come under sharp focus. The start though, feels foggy and confusing as our bodies and minds quite literally change. Many do not know what is happening to them, if women themselves don't know neither do those around them.

The Fawcett Report 2022 showed that 1:10 women who worked in menopause left their jobs, yet most employers provided no menopause support or training. In addition, more women will reduce their hours or not apply for promotion. The financial consequences for women and their families then becomes lifelong.

77% of women experience one or more symptoms that they describe as 'very difficult'. The most common issues include trouble sleeping (84%), brain fog (73%), and anxiety or depression (69%). All of which can impact every aspect of women's lives with ripple impact for their families

Long term relationships can suffer too, lack of intimacy, communication barriers and increased conflict can result in relationship breakdown. Women questioning their own identity will mean they will end a relationship also – a significant number of divorces are instigated by women over 40, coinciding with menopause.

Suicide rates in women peak between the ages of 45 and 55, much research attributes this and changes in mental well being to the hormone changes of menopause and perimenopause.

Research from University College London, published in 2025, found that women lose up to 10 percent of their income within four years of a menopause diagnosis. Despite this, and despite the wide-ranging physiological and psychological effects of hormonal change in midlife, structured, science-grounded resources for this population remain limited. The Empowered Transition Blueprint is designed to address that gap. Coaching for women, typically doesn't address the link between midlife, hormone change, identity change, relationships and career, The Empowered Transition Blueprint is designed to do exactly that.

The book is organized into four sections — The Reckoning, RESET, REWIRE, and RISE — and maps a nine-step progression from initial self-awareness through values clarification, belief reframing, energy management, boundary setting, and sustained self-direction.

Each section combines explanatory content on the biological and psychological mechanics of midlife change with structured reflection exercises and practical tools. Hill draws on her academic background in biomedical sciences and her coaching practice to connect hormonal physiology with the identity and confidence disruptions women commonly report during this period.

Hill holds a Master's Degree in Biomedical Sciences and is a certified One of Many Coach, trained in the Women's Power Types model. Her Signature Coaching Model, upon which the book is based, has been developed through one-to-one and group coaching work with women across professional and personal contexts. The framework was designed to be adapted rather than applied uniformly, with the book serving as both a standalone guide and a complement to coaching engagements.

"Hormonal shifts in midlife touch every part of a woman's life — her body, her brain, her energy, her sense of self — and almost no one is taught that in advance," said Hill.

"As the fear of the experience settles, midlife becomes quieter and clearer — and we find ourselves recognising what matters, embodying what's true, and moving forward with intention" Ann Hill

"This book names what is happening and gives women a clear, structured process to move through it. Not to manage it or push through it, but to understand it and use it as a starting point for what comes next."

Hill has a background in both scientific research and applied coaching. In addition to her coaching practice, she has volunteered with organizations including Mencap, and has fundraised for the Samaritans, Beat, and the Alzheimer's Society. She completed the 2025 TCS London Marathon in support of Mencap.

#### About Ann Hill

Ann Hill is a biomedical scientist, senior healthcare leader, certified midlife coach, and the developer of The Empowered Transition Blueprint, a nine-step coaching framework for women navigating perimenopause, menopause, and midlife identity transition. She holds a Master's Degree in Biomedical Sciences and Masters in Business Administration Ann is also is a certified Executive Coach and Mentor, Organisational Menopause Coach One of Many Specialist Women's Coach and PASEDA 360 Advanced Practitioner,. Hill works with women individually and in group settings, and is based in the United Kingdom

Book Link: <https://amzn.eu/d/0blYo15Q>

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