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Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.



STUDY GUIDE

Menstrual Health Module 1: Understanding the Complete Menstrual Cycle

Learning Objectives:

- **Understand how the stigma, taboo and myths of menstruation are harmful.**
- **Understand the basic elements of the menstrual cycle, including different hormonal phases.**
- **Identify the impacts of the menstrual cycle on athletes.**
- **Reflect on the steps athletes can take to manage menstrual cycle symptoms and harness the best aspects of their menstrual cycle.**

Reflect:

What are your thoughts or feelings when the topic of menstruation comes up, regardless of whether you menstruate or not?

What do you already know about menstrual health and the impact it plays on an athlete's performance?

How might understanding each hormonal phase of the menstrual cycle help athletes train and compete at their best?

What messages about menstruation did you learn growing up, and how might they have shaped your current perspective?

How does stigma or silence around menstruation affect athletes' confidence, communication, or performance?

Review:

What kinds of challenges can menstruation create for athletes?

What factors prevent athletes and coaches from understanding key facts about the menstrual cycle and how it impacts performance?

What are some ways coaches can help normalize menstrual health in sport?

How can being educated on the menstrual cycle help keep girls in sport?
Share tips for coaches to support athletes during menstruation.
What is the most challenging phase of the menstrual cycle and how can you best support athletes during this phase?

Discover:

How can you help athletes learn about their menstrual cycle and feel empowered?
What are things you can do as a coach to support athletes' menstrual symptoms?
How can you help your athletes learn about the positives of their menstrual cycle?
What gaps exist in your own understanding of menstrual health science?
What physical or emotional changes might athletes notice during different parts of their cycle?
How could these hormonal shifts influence things like energy levels, recovery time, or motivation?
What adjustments could you make to training loads, communication, or recovery plans to align with athletes' needs?

Take Action:

Identify examples of athletes or teams that have openly discussed menstrual health that changed as a result?
How can you encourage athletes to view their cycle as a performance variable, not a limitation?
Review your team's environment and communication, identify ways to make it more open and inclusive when it comes to menstrual health.
Find an athlete video or article that breaks menstrual taboos. What can your team learn from it?
Collaborate with athletes to identify signs of fatigue, stress, or discomfort that might connect to their cycle.
Integrate conversations about menstrual health into overall athlete wellness talks; treat it as one normal part of performance.