

# IRMA JAGER

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*Certified Primal Health Coach, Nonviolent-Communication Trainer*

The last time I bled was in 2016 (at the age of 50), right at the time of my father's death. With his dying, my brother and I became the oldest generation. So fitting... 13 moons later I celebrated becoming a crone in a heart-warming and empowering ceremony, surrounded by my teenage daughters and young and older women-friends.

My changes on a physical level have been very minor. Some hot flushes, wakeful nights and heart palpitations, but nothing lasting or deeply affecting me. On an emotional level I have noticed periods of feeling withdrawn from my husband, lack of clarity about my path in life and wondering about my identity. In the last year though, these things have shifted and I am embracing my 'wise women' label more and more.

My husband and I have been together for 36 years and I'm so glad he has been supportive of my menopause process and that we have had the tools to keep communicating and sharing our feelings and needs in our ever-changing relationship.

To support other women during this period of transition, I've been one of the initiators of an "Embracing Menopause" group in the Motueka area. We are an open group who gather once a month and spend time exploring and sharing. We usually have about 10 - 12 women come together.

In my daily life I am a mother of three young adults; two of whom are still at home (being home-educated). I am passionate about health and nutrition and work as a Primal Health Coach to support people making changes to their diet and lifestyle that are sustainable and effective.

I have an enormous passion for gut health and you'll always find something fermenting away in my kitchen... be it sauerkraut, kombucha or any type of cheese.

I will be sharing my love for and knowledge about nourishing food during the retreat.

I share my passion for Nonviolent Communication in the top of the South Island by giving workshops in a range of topics (Respectful Parenting, Menopause Exploration, Foundation NVC) as well as one-on-one coaching. I am currently in the process of becoming a certified Nonviolent Communication trainer.