



1. Participant Information Sheet

Research Title

What Becomes Possible in a Woman's Second Spring?

Exploring the conditions for flourishing after menopause.

Invitation

Thank you for considering taking part in this research.

This study explores women's experiences of life after menopause. While much research has focused on symptoms and treatment, relatively little has explored what becomes possible beyond menopause and the conditions that support women's flourishing during this stage of life.

The research forms part of an independent qualitative study that is informing my writing and a future book exploring women's experiences of elderhood, purpose and contribution.

Why have I been invited?

You have been invited because you identify as a post-menopausal woman and are willing to reflect on your experiences.

I am intentionally seeking women from a variety of backgrounds and life experiences.

What will participation involve?

Participation consists of:

- one interview lasting approximately 60–90 minutes
- in person or online
- audio recorded (with your permission)
- conversational rather than structured



Topics may include:

- your menopause journey
- changes you've noticed
- purpose and contribution
- relationships
- wellbeing
- ageing
- identity
- belonging
- hopes for the future

Do I have to take part?

No.

Participation is entirely voluntary.

You may decline to answer any question.

You may stop the interview at any time.

You may withdraw your interview up until analysis begins anticipated early October 2026.

Confidentiality

All interviews will be treated confidentially.

You may choose whether:

- your real name is used
- a pseudonym is used
- you remain anonymous

Any identifying information will be removed unless you explicitly request otherwise.

Risks



This interview involves reflecting on personal life experiences.

Some topics may feel emotional.

If this happens we can pause or stop the interview at any time.

Benefits

There are no direct financial benefits.

Many women find that reflecting on their life story is meaningful and enjoyable.

The research aims to contribute to a richer understanding of women's lives after menopause.

Contact

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Consent Form

Participant Name

Please tick:

- ☐ I have read the Participant Information Sheet.
- ☐ I understand the purpose of the study.
- ☐ I understand participation is voluntary.
- ☐ I understand I may withdraw before analysis begins.
- ☐ I consent to the interview being audio recorded.
- ☐ I consent to anonymous quotations being used.

I would like:

- ☐ my real name used
- ☐ a pseudonym used
- ☐ no identifying information

Participant signature

Date

Researcher signature