

Find out how menopause could be affecting your business and how you can manage it positively.

You are invited to a webinar:

# Managing menopause wellbeing in the workplace



**4.3 million**  
women over 50  
in the workplace  
in the UK

**75%** of women  
experience  
menopause  
symptoms

**25%** will consider  
leaving their jobs

**Tuesday 15 June 2021**  
**9.30 to 10.45 am**

Women over 50 are the fastest growing demographic in the workplace.

Businesses who support women at menopause can achieve improved performance, better retention of experienced female staff and enhanced reputation as a good employer.

## Join

**Pat Duckworth**, Women's Health Strategist  
(Award-Winning Author of *Hot Women, Cool Solutions*; *How to control menopause symptoms using mind/body techniques* and *Menopause Mind the Gap*)

**Lesley Fettes** Director at Network Design

**Maggie Fordham** Women's Health and Fitness Specialist, Cambridge Personal Fitness

**Sharon Livermore** Director of Kameo Recruitment

## Learn more about:

- Why menopause is a workplace issue
- How it can affect performance
- How to effectively manage menopausal symptoms
- Practical steps employers can take to support women colleagues

book online <http://bit.ly/meno-event-June21>



## Sharon Livermore

Sharon is the Founder & Director of Kameo Recruitment, established in May 2018 and from day one giving back has been at the heart of everything she does. Sharon and her team whole heartedly believe in employee wellbeing, and Sharon works tirelessly alongside her team to create happier and mentally healthier working environments across the City of Cambridge and beyond.

Sharon considers it an honour to be part of the task force who are working hard to break the taboo around menopause through their engagement with employers on the topic and equipping those employers with the knowledge and tools to better support women going through it.



## Maggie Fordham BSc Dpt PT

Maggie has over 25 years' experience of helping women to honour and take care of themselves and runs Cambridge Personal Fitness.

Maggie has a BSc Hons Psychology degree, is a qualified NLP practitioner, a Personal Trainer, a certified Holistic Coach and has run her own business for the past 17 years specialising in Women's Health and Fitness.

Maggie has helped hundreds of women regain their fitness and confidence. She equips busy women with the tools to invest effectively in their physical and hence mental well-being, via nutrition, movement and lifestyle strategies.

Maggie is a mother of 3 and knows the challenges of running a business, taking care of the home and still taking care of oneself!



## Pat Duckworth MBA, NLP (Master Prac)

Pat Duckworth is a Women's Wellbeing Strategist, Author and Coach. She has published five books. Her most recent highly acclaimed book, 'Menopause Mind the Gap: The value of supporting women's wellness in the workplace', raises the awareness about the issue of menopause in the workplace and how to support employees who are experiencing symptoms.

After working in the public and voluntary sector at senior management level for over 30 years', Pat retrained as a therapist, coach and menopause specialist. She published the award-winning 'Hot Women, Cool Solutions: How to control menopause symptoms using mind/body techniques' in 2012. Her fourth book, 'Hot Women Rock: How to discover your midlife entrepreneurial mojo', is a #1 International Best Seller.

Pat makes the subject of menopause accessible and provides practical advice for employers and employees.



## Lesley Fettes

Lesley is a Director at Network Design, a full service creative marketing agency based in Cambridge. She is passionate about helping companies build their brand and communicate effectively to their target audience.

Having suffered an early menopause herself at the age of 36 she has first hand experience of what worked to help manage her symptoms, she wants to use this knowledge to raise awareness of the impact of menopause and help support other women.

More needs to be done to support employers and the female workforce by the sharing of knowledge, practical guidance, and the setting up of policies.

Menopause should be talked about and she wants to get the conversation started.

