



# Supporting Your Team Through The Menopause

## How The Menopause Is Impacting The Workplace

The research is unequivocal: record numbers of women are struggling at work as they transition through the peri-menopause and menopause.

- One in ten women aged 45-55 have left their job because of symptoms of the menopause. **(Menopause and the Workplace report by the Fawcett Society and Channel 4)**
- More than two in five (44 per cent) of women said their ability to work had been affected due to the menopause

This is a serious issue that is significantly impacting the workplace – and which isn't going to go away.



Jude Moryoussef

Suzy Glaskie

## The Second Spring Mission

We're passionate about empowering women to navigate their "second spring" in the most positive way possible. We believe that every woman should have the tools to not only perform their best at work – but to move towards greater wellbeing, joy and fulfilment in their life.

Our interactive workshops are refreshingly straight-talking and delivered in a nurturing, warm and highly supportive way. As 50-something women ourselves, we walk the talk!

## How We Can Help Your Team

We help forward-thinking businesses to support their female employees through bespoke packages tailored to your needs. Our services include:

- Workshops to empower women to make lifestyle changes that will enhance their wellbeing
- Educating managers to support employees and colleagues who may be experiencing menopausal symptoms
- One-to-one coaching with female employees who are struggling with symptoms

All of these can be delivered virtually or in person. Our services don't end with a workshop: we can provide ongoing, virtual support through engaging, bite-sized videos.



## Self-Care Makes Sense

By adopting simple lifestyle changes, your team members can experience a tangible improvement in their day-to-day wellbeing – as well as their ability to perform their job optimally.

We teach:

- Quick, easy and effective stress-reducing techniques that can be used at work
- Accessible, inexpensive self-care practices for the peri-menopause and menopause
- Joyful movement to protect women as they age
- How to improve sleep and boost energy levels
- How to eat to help to stabilise hormones and maintain energy levels/mental focus/emotional resilience

## The Results You Can Expect

The results of investing in corporate wellbeing coaching include:

- Improved employee retention
- Employees with more energy, focus and mental clarity
- Increased productivity
- Reduced stress, anxiety and mood swings
- A boost to loyalty and moral
- Reduced absenteeism and healthcare costs due to overall better health
- A more positive, relaxed, inclusive workplace

## ABOUT US

### Suzy Glaskie

Suzy left behind an award-winning career in PR to follow her heart and retrain as a functional medicine certified health coach. After 22 years of working in a high-pressured sector (juggling her role as managing director with bringing up her three kids), Suzy has personal experience of how stress impacts health and productivity.

Her practice, Peppermint Wellness, specialises in corporate wellness and has worked with the likes of Home Bargains, Health Shield, N Brown, Savills, Santander and O2.

Suzy is a respected commentator on wellbeing and hosts the Wellness Unwrapped podcast, which has a loyal following of listeners around the world.

### Jude Moryoussef

Jude spent 20 years working in the corporate world of textiles, designing and launching innovative products to the marketplace, before training as a level 3 personal trainer and health and wellness practitioner. She initially specialised in pre/post-natal and functional mobility and then extended her expertise to third age peri-to-post menopause.

Her passion is supporting women to be the best versions of themselves as they transition through this period and she has delivered workshops through her practice, Jude's Menopause Wellness.

A mum of four, Jude is also a magistrate. She sits in a problem-solving court for women, where she educates them on positive self-care and lifestyle choices which can help to transform their life outcomes.

## Let's Chat

To find out more about how we can help your organisation, get in touch:



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