

# Perimenopause & Menopause Matters

Menopause is a natural transition that anyone who menstruates will go through, typically beginning in their late 30s to mid-40s. For many, it coincides with life's busiest periods—balancing careers, family responsibilities, and personal relationships. Managing the physical and emotional symptoms can be tough without support.

Here are some key facts:

- 85% of people experience symptoms during menopause.
- 25% find it difficult to cope at work due to menopause.
- 1 in 4 will consider leaving their job or declining a promotion because of it.
- Women over 50 are the fastest-growing workforce in the UK.

Whether you're approaching menopause, experiencing it, supporting someone through it, or simply curious, this session is for everyone. All perspectives and experiences are valued and welcome.

## Session Outline

- Recognising the early signs of menopause.
- How to manage the transition and its effects on your mind and body.
- The power of understanding your menstrual cycle to enhance your wellbeing during menopause.
- Life after menopause, and how to thrive through this transition.

## Session Includes

- Personal attention and open forum to ask questions
- Signposting to resources and further support
- Accessible for all ages & genders

## Facilitator: Jo

Jo is a leadership coach specialising in working with female leaders and organisations. She shifts workplace culture, ensuring women can stay, lead, and perform at their best.

The Merry Menopause began as an Instagram account, sparked by Jo's own blindsiding experience of perimenopause. Since then, she has led corporate menopause awareness sessions, developed leadership coaching programmes, and supported clients in transforming their careers—helping leaders and executives on the verge of quitting to recognise the impact of perimenopause without compromising their careers.

Jo's mission is to help businesses move beyond tick-box menopause awareness and implement real strategies that drive retention, productivity, and wellbeing.

She is also a trusted media voice, appearing on TV, radio, and in the press, as well as being the host of The Merry Menopause Bookclub Podcast, where she continues to challenge the status quo on how Menopause and Menstruation are addressed in society and workplaces.

