

Fertility & Pregnancy Loss Matters

The journey to parenthood is not the same for everyone, and for many, it is fraught with challenges. These experiences can be emotionally and physically taxing, not just for individuals but for their families and friends as well. This practical session will share insights on how to support someone undergoing in vitro fertilisation (IVF) and how to provide comfort to those navigating the painful journey of pregnancy loss. Understanding these experiences is vital, as it allows us to foster empathy and offer meaningful support during someone's most vulnerable times.

Session Outline

- Statistics on how many people are going through fertility treatment and pregnancy loss
- How to support someone going through IVF
- How to support someone who has been through/ continuing to go through pregnancy loss
- Practical tools for employees navigating fertility treatment or pregnancy loss
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Session Includes

- Personal attention and open forum to ask questions in a safe, non-judgmental atmosphere
- Signposting to resources and further support
- Accessible for all ages & genders
- Personal examples and case stories from a lived-experience speaker

Facilitator: Esther



Esther is a passionate advocate for fertility awareness and an open voice in the conversation surrounding secondary infertility, IVF treatment, and pregnancy loss. Drawing from her own journey, Esther candidly shares the emotional and physical challenges she has faced while striving to thrive as a working parent.

Due to her role as Global Lead for Gender Diversity and Inclusion at Unilever, Esther is uniquely positioned to guide companies in their D&I efforts, particularly in addressing the sensitive issues surrounding fertility and family planning in the workplace.

Esther's expertise extends beyond corporate settings; she now also works with children and educators. Through engaging sessions and her children's books, she promotes understanding and awareness of diversity and inclusion from a young age. Esther's commitment to creating a supportive and informed community helps empower individuals navigating their own fertility journeys while advocating for systemic change in workplaces everywhere.