

Looking for a speaker who can help **de-mystify** and **destigmatis** menopause in the workplace, while helping all staff understand the benefits of becoming **menopause-friendly**?



## ENGAGE KEYNOTE SPEAKER THEA O'CONNOR



Thea's words will:

**Educate** minds

**Inspire** hearts

**Transform** attitudes

Her presence demonstrates the value of post-menopausal women to our organisations and world at large.

Thea works closely with her clients to contextualise her presentation to your organisation and to increase engagement before, during and after the event.

Her talks are tailored to your needs and can cover: The Why - business case for becoming menopause friendly; The How - practical ways workplaces can support midlife women and how women can help themselves; and the So What? Her personal stories as well as those from the many women she has supported remind the audience of why this really matters.

Her presentations are both personal and evidence-based, drawing on her own experience, the many women she has interviewed and supported, as well as current research.

- Thea is the Founder of [menopause@work® Asia Pacific](https://www.menopause@work.com.au) and is at the forefront of helping Australasian organisations become menopause-friendly. She is also a [TEDx Speaker](#) on Menopause at Work.

Contact

Thea O'Connor | 0412 190 860 | [enquiries@thea.com.au](mailto:enquiries@thea.com.au)