

CREATING

WELLNESS CONVERSATIONS



MY MISSION

My mission is to continue fostering meaningful conversations that empower women to move from overwhelm to confidence and embrace a life of clarity, balance, and purpose.

As a certified Health and Menopause Coach, I am a keen advocate to continue the amazing work we bring (information and evidence-based research) to our clients every day through podcasts, social 'lives', workshops, and masterclasses.

SUPPORTING WOMEN IN MIND AND BODY

Having been active in sports and walking most of my life, I never say no to time in nature and the outdoors.

This passion drives my work and fuels my dream of raising awareness around physical movement, nutrition, sleep and stress hygiene, energy levels, and staying active as a midlife woman. Wellness Walks are a great way to engage in conversation with fresh air and nature.

Through Midlife Mind women's wellness sessions, and Wellness at Work workshops, my intention is to bring my clients value and commitment by:

- starting conversations about mental wellbeing in a world where stress and anxiety are on the rise.
- offering practical tools to navigate the pressures of modern life, where it can feel like we're endlessly chasing time.
- supporting women to prioritise health and wellbeing during midlife and beyond.



COLLABORATE IN CONVERSATION

Let's explore what's possible and start a conversation around lifestyle and resilience, staying active in mind and body, and building clarity and balance for lasting wellbeing.

2025 is the year of collaboration and growth. What with travelling regionally for more events, I hope to connect with many more communities and organisations in months to come.

Together, we can make a difference because change begins with one conversation, one mindset shift, and one grand step forward.

Ready to chat? I'm all ears.

OPPORTUNITIES TO CONNECT

- create a wellness walk to take rich conversations out into greenery (Wellness Walks are available seasonally). Learning can be equally as fun and interactive outside the realms of the internal four walls of home and work.
- present a short talk, podcast or keynote session at your next wellness expo or event
- curate or collaborate on a new wellbeing program for your community or place of work
- co-design short information sessions or women's gatherings



