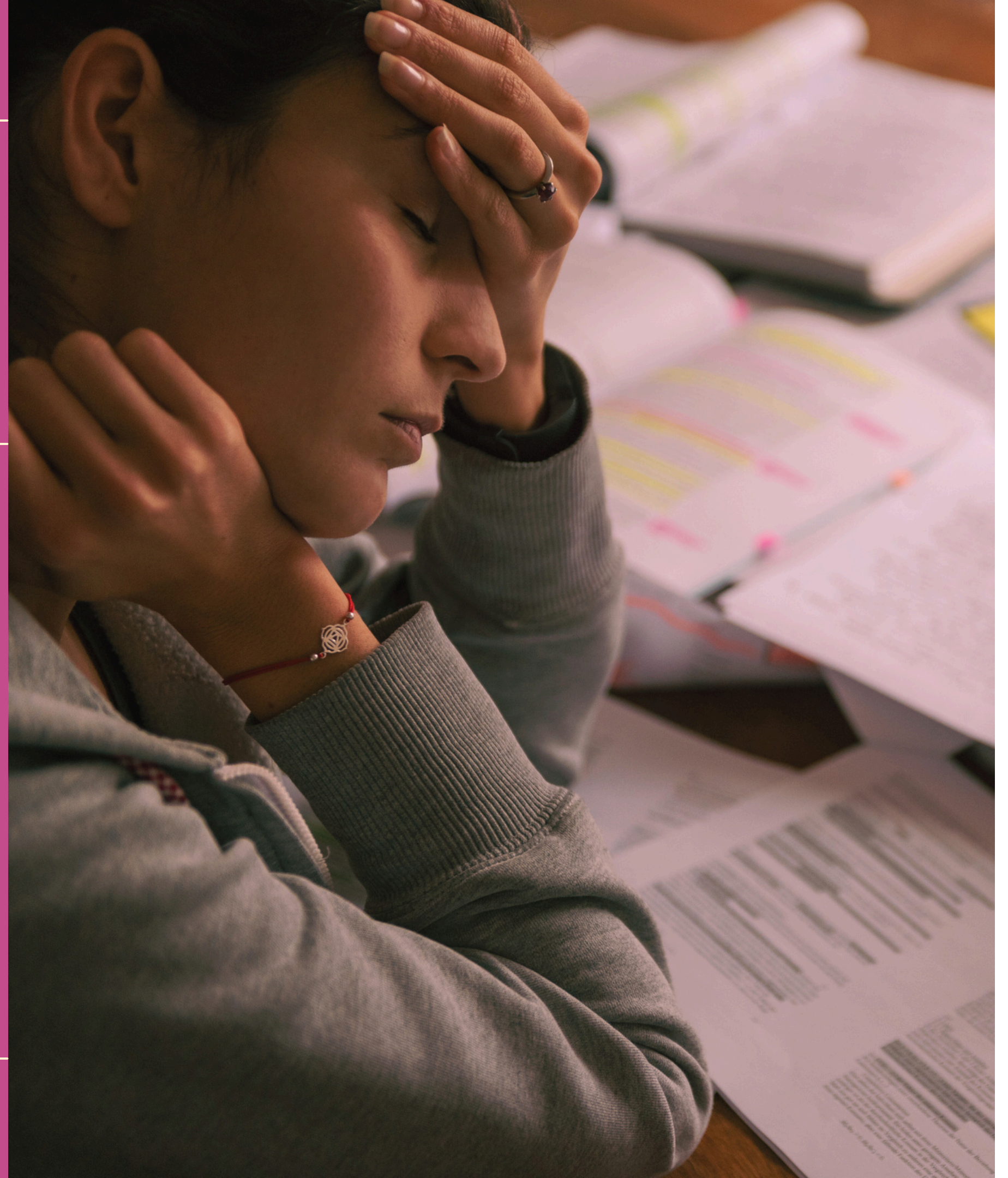




The Productivity Reset: Using Menstrual Cycle Awareness to Prevent Burnout and Optimize Performance

Talk Description

Burnout is not a badge of honor—it's a barrier to brilliance. This talk introduces a revolutionary approach to productivity that helps women align their energy, focus, and output with their menstrual cycle. The result? Less overwhelm, more efficiency, and a workplace where performance feels powerful—not painful.



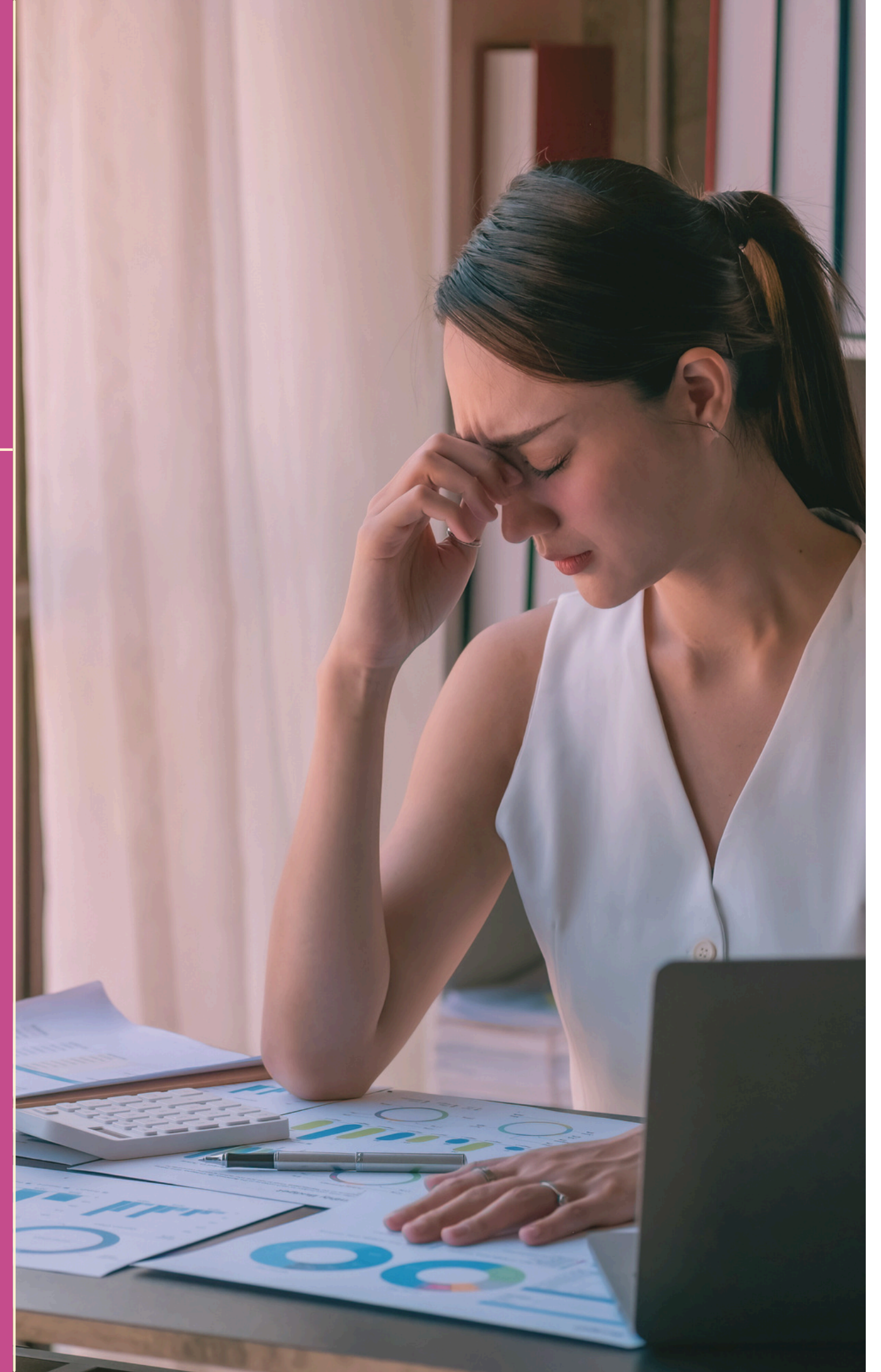
The cost of ignoring this conversation:

Burnout among high-achieving women is on the rise—and the numbers don't lie. According to McKinsey's 2023 Women in the Workplace report, **43% of women leaders are burned out**, compared to just 31% of men. Even more alarming, **1 in 3 women are considering leaving the workforce** due to exhaustion and lack of support.

The financial impact?

Replacing a single burned-out employee can cost a company **up to 200% of their annual salary**. That means for a \$100K role, your company could lose **\$200K or more per exit**—not to mention the cost of lost knowledge, morale, and disrupted workflows.

Ignoring how biology impacts energy, productivity, and stress levels is a silent budget drain. **Cycle-informed productivity strategies are not a “nice to have”—they're a business imperative.**



Key Takeaways

- ✓ Identify hidden burnout patterns unique to women.
- ✓ Align productivity with each menstrual phase for better focus and energy.
- ✓ Create sustainable work rhythms for long-term success.
- ✓ Ditch hustle culture for a smarter, body-aware strategy.
- ✓ Improve team satisfaction and reduce turnover

About Me

Ms. Tonya is a Certified Women's Hormonal Health Practitioner through the Institute of Menstrual Health. She is an industry authority in menstrual cycle planning, productivity, and women's empowerment, with a powerful speaking presence featured at events such as the **Women Building Wealth Summit, ROC Excellence Conference, and School of Life Conference**. She has also been **featured in Female Entrepreneurs Magazine**, sharing her expertise on optimizing productivity and leadership through cycle-synced strategies.

As the author of ***The Menstrual Cycle Syncing Menu: Foods for Every Phase***, Ms. Tonya brings evidence-based insights to her talks, empowering women to optimize productivity, wellness, and leadership. She collaborates with businesses and event planners to lead impactful sessions on topics **including menstrual cycle planning for productivity, wellness and leadership workshops, diversity, equity, inclusion, and women's empowerment**.



Ready to book this talk?

Let's help your team perform at their best—
without burnout.

✉ mstonya@empoweredflowconsulting.com
(Email to set up a time to discuss)

🌐 www.empoweredflowconsulting.com

🔗 LinkedIn:
<https://www.linkedin.com/in/mstonya/>

