

Most workplace programmes start with an answer.

We start by listening.

Before we recommend a single workshop, keynote or programme, we gather confidential, anonymous employee insights to understand what's really affecting your people.

We uncover the experiences shaping wellbeing, engagement and performance — the challenges people often don't feel safe enough to raise in meetings, performance reviews or surveys.

Meaningful change starts with understanding, not assumptions.

THE BUSINESS CHALLENGE

Organisations today are facing increasing levels of absenteeism, disengagement, retention challenges and workplace change.

Behind these business challenges are high-performing individuals navigating complex realities that often remain unseen.

Caring responsibilities
Financial pressure
Life stage transitions

Burnout
Grief & loss
Life transitions

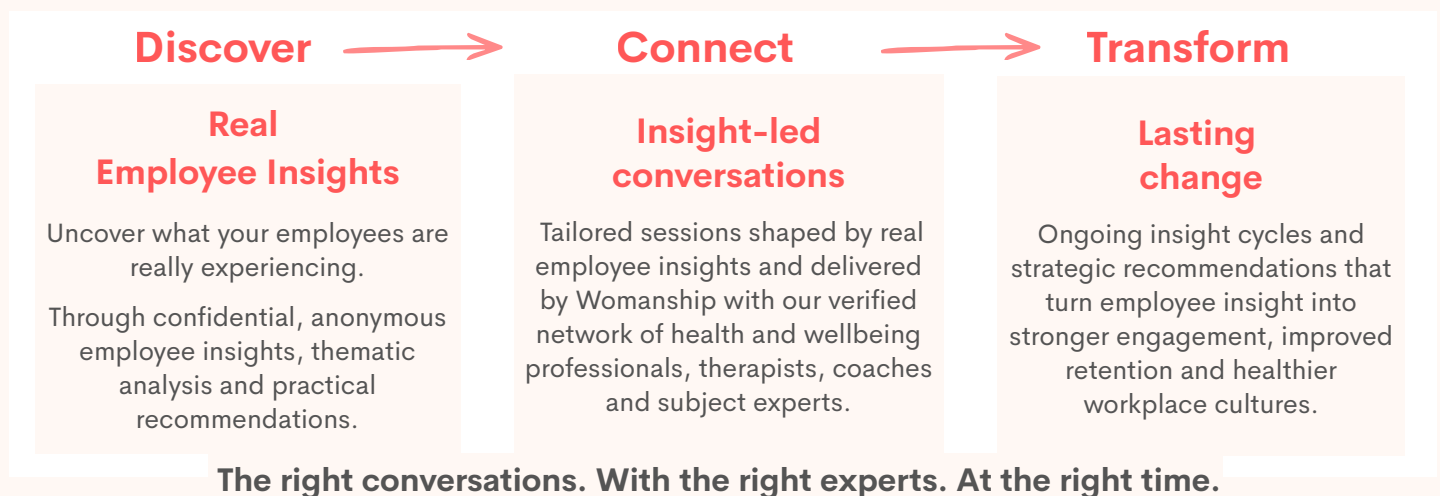
Confidence & imposter syndrome
Mental wellbeing
Relationships

Loneliness
Neurodiversity
Work-life balance...

You can't understand what people don't feel safe to say out loud.

OUR INSIGHT FRAMEWORK

Every recommendation begins with real employee insights — not assumptions.



LOOKING FOR A STANDALONE SESSION?

Keynotes, workshops and facilitated conversations are also available across a wide range of workplace topics.

WHY ORGANISATIONS CHOOSE WOMANSHIP

An insight-led approach to healthier, more engaged workplaces.

We listen before we recommend.

Every programme begins with confidential employee insights, so recommendations are shaped by real employee experiences — not assumptions.

We understand the whole person.

Our programmes support whole workforces while bringing together expertise across health, wellbeing, life stages, leadership and the interconnected realities people carry to work.

We bring together verified experts.

Our network combines psychologists, therapists, doctors, coaches and leadership specialists — selected for expertise, facilitation skills and lived experience.

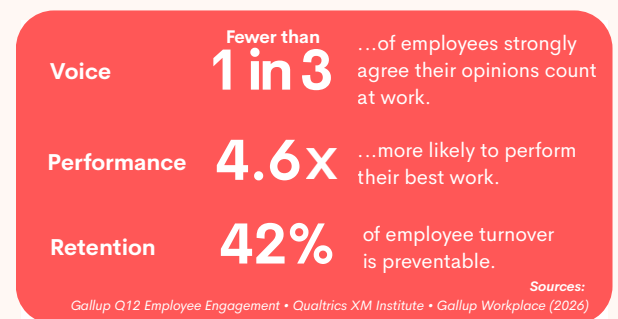
We turn insight into action.

From one-off sessions to long-term programmes, every recommendation is designed to create meaningful outcomes for both your people and your organisation.

WHY UNDERSTANDING MATTERS

People don't leave their lives at the door when they come to work. The realities they carry — from health and caregiving to financial pressure, confidence and life transitions — shape engagement, performance and retention every day.

Understanding what's really affecting your people is the first step towards meaningful organisational change.



EXPERTISE ACROSS EVERY STAGE OF WORKING LIFE

Every professional in our network is verified and personally selected for subject expertise, facilitation capability, lived experience and alignment with our values. Available for both insight-led programmes and standalone sessions. Examples include:

Wellbeing & Mental Health

Psychologists Therapists Grief counsellors
Resilience specialists Mental health coaches

Health & Life Stages

Doctors Nutritionists & Naturopaths
Fertility coaches Hormone specialists

Leadership & Culture

Leadership coaches Inclusion specialists
Executive coaches Organisational psychologists

Career, Confidence & Financial

Presentation coaches Communication coaches
Financial wellbeing Confidence coaches

THE IMPACT IN PRACTICE

"Creating space for open and meaningful conversations about professional growth and shared experiences is essential to fostering a healthy and inclusive work culture. This session highlighted the importance of psychological safety in building a supportive and sustainable workplace culture."

Adelaide Mafubo, Head of HR, DHB Bank