MENTAL HEALTH & FEMALE HORMONAL HEALTH

Hormones, Mood & Metabolic Stability

Educational Talks for Mental Health & Community Organisations

Hormonal fluctuations influence mood regulation, stress tolerance, sleep quality and cognitive clarity. Many women remain unaware of how metabolic health and hormonal signalling affect psychological wellbeing.

Talk Options (45 - 60 Minutes)

HORMONES & MOOD REGULATION
Understanding the relationship between oestrogen, progesterone, cortisol and emotional stability.

STRESS, BURNOUT & THE FEMALE NERVOUS SYSTEM
How chronic stress, blood sugar instability and metabolic load influence anxiety, fatigue and overwhelm.

PERI-MENOPAUSE, SLEEP & MENTAL CLARITY
Hormonal transition, sleep disruption and cognitive shifts in midlife.

Delivered by Marie Micallef
Pharmacist | Metabolic Health Advocate | Fast Like a Girl Certified Coach

Bookings & Enquiries

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