



Thrive and Shine

Women's Wellness

# MENOPAUSE WELLNESS SOLUTIONS

CHAMPION MENOPAUSE WELLBEING.  
ELEVATE WORKFORCE POTENTIAL.  
ACHIEVE COMPANY SUCCESS.

[WWW.THRIVEANDSHINEWOMENSWELLNESS.CO.UK](http://WWW.THRIVEANDSHINEWOMENSWELLNESS.CO.UK)



# Are Menopause Challenges Affecting Your Workforce?

Our Menopause Wellness Solutions offer tailored support to help employees navigate this transformative phase, enabling you to retain talent, boost productivity, minimise absenteeism, and foster an inclusive work environment.



**1 in 4**

1 in 4 women consider leaving their jobs due to menopause symptoms



**14 Million**

Menopause related symptoms cause around 14 million lost working days in the UK annually



**£3.5 billion**

Menopause related productivity losses cost UK businesses approx £3.5 billion each year



**2.2 times**

Women experiencing menopause symptoms are 2.2 times more likely to take sick leave

# About Us



At Thrive and Shine Women's Wellness, we are dedicated to creating inclusive work environments where women not only survive but thrive.

Led by Roberta Bass, a highly experienced women's health physiotherapist and remedial hypnotist, our mission is to support menopausal women and managers through tailored services.

Our workshops, mentoring and bespoke services provide the tools to navigate challenges, maintain professional excellence and prioritise personal well-being.

We are committed to empowering women, fostering well-being, and driving success. Join us in cultivating a supportive and empowered workforce, where women and organisations flourish.



# Services

## Menopause Wellbeing Session



1 hour session



An informative virtual session outlining the menopause journey, common symptoms and strategies for management.



For companies and individuals seeking foundational knowledge and practical tools for managing menopause

## Making Sense of Menopause Workshop



3 hour session



An interactive in-person or virtual workshop outlining the menopause journey, common symptoms and strategies for management.



For companies and individuals seeking a comprehensive and interactive experience to effectively manage menopause.

## Supporting Menopause in the Workplace Workshop



3 hour session



An interactive in-person or virtual workshop equipping managers with comprehensive knowledge and practical strategies to support their team members through menopause, enhance their wellbeing and drive organisational success.



For companies and managers seeking to create a menopause-friendly work environment and support their staff effectively.



# Services

## 1:1 Mentoring



6 Month Package



A transformative 1:1 mentoring journey tailored for executives seeking to navigate menopause with confidence and resilience.



For high-level professional women navigating menopause who want to continue to excel in their executive roles.

## Menopause Mastery Workshop



1 day



A comprehensive full-day workshop that empowers women with practical knowledge and tools to manage menopause confidently. It covers symptoms, their impact, and offers hands-on exercises, relaxation techniques, and nutritional guidance, enhancing well-being and life quality.



For Women navigating menopause who need additional support to boost their wellbeing and career with confidence.

## Additional Services



Bespoke Women's Health Training/Consulting



In addition to our menopause services highlighted above we can provide bespoke training, consulting, and additional women's health services tailored to meet your organisation's unique needs. Please see website for details.



For companies wishing to provide additional women's health support to employees

# Why Choose Us



Discover the difference with Thrive and Shine Women's Wellness: Your trusted partner for comprehensive Women's Wellness Solutions. Explore the compelling reasons to choose us below.



## Expertise

Run by a specialised Women's health Physiotherapist with over 18 years experience.



## Holistic Approach

Comprehensive programs promoting physical, emotional, and mental well-being.



## Organisational Impact

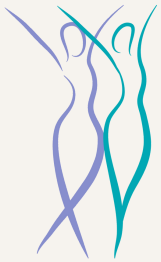
Improve employee well-being, productivity,, retention and reduce costs.



## Inclusive Workplace

Discover effective strategies to foster a supportive and inclusive environment for women in your organisation.

# GET IN TOUCH



Thrive and Shine  
Women's Wellness



Roberta  
Bass

**Thrive and Shine Women's Wellness**

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[www.thriveandshinewomenswellness.co.uk](http://www.thriveandshinewomenswellness.co.uk)



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