



Thrive and Shine

Women's Wellness

# WOMEN'S HEALTH SOLUTIONS

CHAMPION WOMEN'S WELLBEING.  
ELEVATE WORKFORCE POTENTIAL.  
ACHIEVE COMPANY SUCCESS.

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

# Are Women's Health Challenges Affecting Your Workforce?



Our Women's Health Wellness Solutions help employees manage various health transitions, fostering a supportive, inclusive work environment. This approach aids in talent retention, enhances productivity, reduces absenteeism, and promotes overall well-being



**3 in 5**

3 in 5 women felt their health condition has negatively effected their work



**23%**

A Survey showed that up to 23% of women have taken time off due to their period. 36% not telling the truth about why unable to work



**£3.5 billion\***

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



**42% more likely**

Women have been shown to be 42% more likely to take sick days than men

\*For our Menopause and consulting services please check out our separate brochure on our website.

# 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 women and managers to navigate various women's health concerns.

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

## Women's Health Journey in the Workplace



1 hour session



A virtual session to provide an overview of women's health transitions that affect employees' abilities at work, along with practical tips to enhance their well-being.



For Managers and HR professionals

## Women's Health Journey Workshop for Managers



3 hour session



An interactive in-person or virtual workshop outlining women's health transitions and how to support employees through them.



For Managers and HR professionals

## Women's Health Workshop for Managers



1 Day



An interactive and comprehensive in-person workshop for managers and HR professionals addressing women's health transitions and how to create a supportive workplace environment.



Managers and HR professionals





# Services

## 1:1 Pregnancy or Postnatal support



Flexible 3 sessions over pregnancy or postnatal



Personalised support sessions tailored to different stages of pregnancy or postnatal period. Support, guidance and education to maintain optimal health and to aid recovery.



For pregnant or postnatal women seeking individualised support and education.

## 1:1 Post Gynaecological Surgery Support



6 sessions over 3-6 months



Tailored support for individuals preparing for or recovering from gynaecological surgery. This comprehensive package includes pre-op and post-op sessions to aid recovery and regain health and fitness. Supporting mental and physical health.



For women before or after Gynaecological surgery seeking individual support.

## 1:1 Pelvic Floor Dysfunction Support



6 sessions over 3-6 months



Targeting pelvic floor issues such as incontinence and prolapse, this package provides women with personalised physiotherapy and rehabilitation, addressing physical and emotional aspects.



For women seeking support for pelvic floor issues

# 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

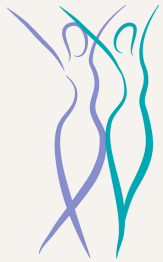
Improve employee well-being, productivity,, retention and reduce costs.



## 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)



[roberta@thriveandshinewomenswellness.co.uk](mailto:roberta@thriveandshinewomenswellness.co.uk)



07862620259



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