

Loretta Dignam

04/11/2024, 12:00 - 13:00

University College Cork

Menopause and perimenopause affects 50% of the world's population - our mothers, sisters, partners, wives, friends, daughters, colleagues, peers, direct reports, line managers and team mates - and may impact the other 50%, directly or indirectly. Yet, for far too long it has been a taboo and stigmatised topic. Employers of all genders have a duty of care to their employees, including during menopause. So, join us on **Monday 4th November 2024 at 12:00pm** and hear from Loretta Dignam, Founder & CEO of the Menopause Hub about why menopause matters in the workplace.



Loretta Dignam

CEO & Founder

Founder and CEO of the Menopause Hub. "I had three years of hot flushes. I had broken sleep. I had migraines, headaches, dizziness, weight gain, UTIs and dry eyes. My energy levels were on the floor. (Not to mention loss of libido, vaginal dryness and a general loss of va va voom.) I felt as if my old self had disappeared. And I wanted the old me back. I was working outside the home in a senior role, but I didn't dare tell my employer. Would they think I was too old? Past it? Unable to do my job?" My experience might be different to yours (there are over 40 symptoms of menopause, and I've only described a few!) but what many women have in common is a myriad of uncomfortable and embarrassing symptoms... no clear answers... and the prospect of spending a third of their lives managing their menopause.

Simply attend our seminar on the day.