

Menopause in the workplace

Corporate Partnership Programme - Viva Core

1 in 10

Women leave jobs due to menopause symptoms

£30,500+

Cost to replace a woman on a £25K salary

2027

Mandatory Menopause Action Plan Reporting*

Our Offerings

Line Manager Training

Builds management capability and **reduces legal risk.**

Awareness & Education

Workshops & movement sessions **boost productivity.**

Social Events

Bring women together and **increase engagement.**

Menopause Coaching

Individual support and coaching helps **reduce absenteeism.**

**For large organisations*

Our team of specialists

Joyce Mwape

Viva Core Founder, **Chartered Accountant** with 10+ years in project and risk management. BASI-certified Pilates Instructor dedicated to better health outcomes for women and mothers.

Melody Evans

Clinical Specialist Physiotherapist in Pelvic Health with 20+ years of experience. Delivers compassionate, research-led menopause and perimenopause training.

Nathaly Ramos

Mindfulness Specialist and Co-Founder of Find Your Flouu, Nat helps individuals to feel more alive everyday by applying a proven framework.

Samantha Rossi

Naturopathic **Nutritional Therapist**, PT & NLP Practitioner. Helping women shift mindset, nutrition and lifestyle, backed by 15 years in corporate wellness.

Lola Makinde

Fellow of the CIPD, 20+ years in **HR, Org Development & Career Coaching**. Professional expertise and lived menopause experience.

Sherry Prosser

Menopause Movement Coach, Sherry focuses on the role of the nervous system during Perimenopause & Menopause change.

Book a discovery call
📞 07496 057052

A holistic, specialist-led approach to women's health at work.