

January – Menopause & Leadership: The missing link in retaining women in leadership

Thursday 15 January 2026

2:00–3:00 pm UK Time | 9:00–10:00 am US Eastern

Introduction

Menopause is a natural life stage, but in the workplace it is still too often hidden or overlooked. For leaders, this can mean missed opportunities to support staff wellbeing, retain experienced talent, and build inclusive cultures where everyone thrives. This webinar explores how menopause impacts individuals and organisations, and how leaders can confidently respond.



Jo

What it is

In this engaging and practical session, you'll gain insights into the workplace implications of menopause, understand the role leaders play in shaping supportive environments and discover tools to lead with empathy, clarity, and confidence. By attending, you'll not only enhance your leadership capability but also contribute to stronger retention, improved wellbeing, and a more inclusive culture.

Jo is an executive coach and menopause expert who helps organisations support their people through perimenopause and menopause with coaching, training, and advocacy programmes. She works with leaders to build cultures of openness and support, enabling women to thrive at work and helping businesses improve retention, resilience, and wellbeing.

The benefits

- Enhances leaders' ability to support staff wellbeing, retention, and performance by increasing understanding of menopause in the workplace.
- Builds confidence to lead open, empathetic conversations that reduce stigma and create inclusive, supportive cultures.
- Strengthens organisational capacity to retain experienced female talent and foster environments where all employees can thrive.

Key Outcomes

1. Understand more about menopause and how it can impact performance, wellbeing and retention.
2. Recognise the leadership behaviours that create a supportive, inclusive environment and enhance workplace culture.
3. Gain practical strategies to respond confidently, foster open conversations, and reduce stigma.