



Breeda Bermingham:

RGN, RM, B.A.(Psychology) M.A. Sociology.

- Best-selling author, "MIDLIFE WOMEN ROCK-A Menopause Story for a New Generation".
- Award-winning menopause coach, researcher, keynote speaker and social entrepreneur.
- Founder of the Midlife Women Rock Project and Cafes (2019).
- Associate consultant with www.menopauseintheworkplace.co.uk
- Podcast guest speaker on Menopause in Ireland, the UK, USA, Australia, Sweden, and South Africa.
- On a mission to change the global story for menopausal and midlife women.
- A nationwide education and awareness campaign on menopause has to be a priority for government in 2022.

Breeda Bermingham is an award winning menopause coach on a mission to change the global story for menopausal and midlife women. Her research interest is Midlife Women, Menopause and Leadership. She coaches women individually and in group settings focusing on symptom management along with the positive aspects of menopause transition.

The taboo around menopause continues to limit and disempower women in their middle years. It has to be removed in order to enable women to thrive. There is NO shame in being a menopausal woman in 2022.



Topics Breeda speaks on:

What is menopause all about? A highly significant transition.

Introduction to Perimenopause and menopause-Diagnosis and Symptoms.

Why all the silence and stigma to date? The Fear shame and denial narrative.

Proactive management of menopause exploring multiple pathways-natural and HRT.

Deep dive into managing menopause symptoms-lifestyle food exercise mindset supplements holistic treatments and Hormone replacement.

The gifts and superpowers of menopause transition and how to access them.

Having taken ten years out of the workplace following the birth of her fourth child. Breeda is very interested in the leadership potential of mothers in Midlife. An untapped resource in societies. The skillset mothers bring from managing homes, families, relationships, as well as working outside of the home needs more recognition in society. These women need encouragement to share their enormous wisdom.

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"I attended Breeda's 6-week course in February 2020. It has helped me enormously. I got my confidence back which I had lost for a number of years..."
- Anna, Health Care Assistant, Co. Waterford

"One of the best investments I have made in years. She has so much knowledge. The group of women was so open and we all shared a lot of tips that are helping us."
- Faye, Galway