



Catherine O'Keefe

Women's Health



About Catherine

Catherine O'Keefe is a Menopause Workplace Consultant, founder of Wellness Warrior, and creator of the Menopause Success Summit. Catherine is the author of the best seller *All you need to know about menopause*. Catherine hosts Ireland's only podcast dedicated to menopause: Menopause Uprising. She helps organisations implement a comprehensive menopause strategy that leads to meaningful change. She's helped hundreds of companies choose support over silence including Workday International, StateStreet, Department of Health, An Gardaí Síochána, Sainsburys, and Microsoft. Catherine is on a mission to shatter the menopause taboo, for good.

Catherine's seminars include:

General Awareness Session: "Let's Talk Menopause"

- What is Menopause?
- Facts & Myths — The A to Z of Menopause, an outline of Perimenopause and Menopause, and what to expect
- Symptoms — the common and the lesser-known
- What you can do today to prepare or support someone you know (yourself, an employee, partner, mum, daughter)
- Menopause at work
- Practical steps to thrive through these years

Menopause and the Neurodivergent Brain

Explores how menopause intersects with neurodivergence (ADHD, autism), and what this means for awareness, support, and workplace inclusion.

Manager Training: Supporting Menopause at Work

Gives leaders the confidence and tools to have supportive conversations, adapt expectations, and build a menopause-aware workplace culture.

Menopause and Gut Health

Unpacks the link between the gut, hormones, and overall wellbeing — with practical, evidence-based lifestyle strategies.

Menopause and Sleep

Why sleep becomes disrupted during menopause and how to improve sleep quality and daily energy through simple, effective approaches.

Hormonal Health – From Menstruation to Menopause

- *Hormones 101*: How the ovaries and key hormones (oestrogen, progesterone, testosterone) shape mood, sleep, energy, and brain health throughout life.
- *Understanding the Cycle*: The menstrual cycle reframed as a monthly health report, explaining how each phase — menstruation to ovulation — impacts mood, energy, and productivity.
- *From Fertility to Menopause*: Covers ovulation, pregnancy, postpartum shifts, and miscarriage, with a strong focus on workplace compassion and destigmatising silent struggles.
- *Perimenopause & Menopause Demystified*: A clear insight into the overlooked signs of perimenopause and menopause as a new chapter, not a decline.
- *Practical, Inclusive Tools*: Actionable steps in movement, sleep, nutrition, and stress management, with added focus on supporting neurodivergent women.

Fertility in the Workplace

With many workplaces introducing progressive fertility policies, this session outlines what fertility support involves, available options, and how employees can set themselves up for success.

Period Power

An introduction to understanding the menstrual cycle as a monthly rhythm and vital sign.

Outline:

- Understanding the menstrual cycle
- A new approach to monthly wellbeing
- Troublesome issues (endometriosis, PMT, PMDD, etc.)
- Top tips to thrive through your cycle

Delving Into the Psychological Aspects of Menopause

- Why the psychological impact needs attention
- Key challenges: mood swings, anxiety, depression
- Practical coping strategies
- How colleagues, partners, and family can support