



*Female Focused  
Corporate Workshops  
and Training*



# WHO WE ARE:

**The She Said Club is a female-first wellbeing and personal growth platform that delivers transformative workshops and training experiences for women navigating key life and career transitions.**

Our focus is to support emotional resilience, confidence, hormonal literacy, and workplace wellbeing through expert-led, practical, and inclusive sessions. We empower women to thrive in life and in their careers.



**SHE  
SAID  
CLUB**

# WHY PARTNER WITH US?

All facilitators are trained experts with lived experience.

Sessions are inclusive, honest, and immediately applicable.

Content is designed around behavioural science and emotional wellbeing.

Your teams gain tools to manage stress, confidence, and communication with impact.



# WHAT WE OFFER FOR CORPORATES

We deliver high-impact, flexible, and engaging training sessions for female employees across sectors. These are offered both in-person and online, fully bespoke and customised to meet the needs of your teams.

## Signature Workshop Offerings:

### *Live Workshops & Masterclasses*

Topics include:

- Life Transitions & Mental Health
- Burnout Recovery & Energy Reset
- Hormonal Health at Work (Cycle Awareness, Perimenopause, Menopause)
- Emotional Resilience & Boundary Setting
- Confidence After Setbacks or Career Gaps
- Returning to Work Post-Maternity
- Female Leadership & Identity Growth

### *Wellbeing Talks & Lunch & Learns*

- Keynote presentations from experts, coaches and lived experience storytellers.
- Topics aligned with International Women's Day, Menopause Awareness, Mental Health Month, etc.

### *Mini-Series & Modular Programmes*

- Multi-session formats for deeper learning.
- Delivered weekly or monthly across 3 – 6 weeks.
- Example: "The Reset Series" burnout, boundaries, balance.

### *Co-Created Bespoke Sessions*

- Tailored workshops for leadership, HR or female employee groups.
- Custom themes based on organisational needs or pulse surveys.

*Formats: Onsite | Virtual | Hybrid*





## WHY IT MATTERS

**1 in 3  
women**

globally report experiencing burnout, with higher rates in mid-career women juggling work and caregiving roles.

*McKinsey & Company, Women in the Workplace Report*

**75% of  
women**

feel unsupported at work, especially during key life transitions like menopause, or returning from maternity.

*Harvard Business Review & CIPD (UK)*

**80% of  
women**

put others' wellbeing before their own, leading to chronic stress, emotional fatigue, and lower overall health outcomes.

*Deloitte Women @ Work Global Survey, 2023*

## HOW TO GET STARTED

*Let's create emotionally intelligent, empowered workplaces, one session at a time.*

**Discovery Call:** Book a discovery call with our facilitation team to discuss your needs.

**Choose Your Journey:** Select a ready-made session or design your own bespoke workshop journey.

**Deliver & Impact:** Deliver online or onsite to match your team's setup and schedule.

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