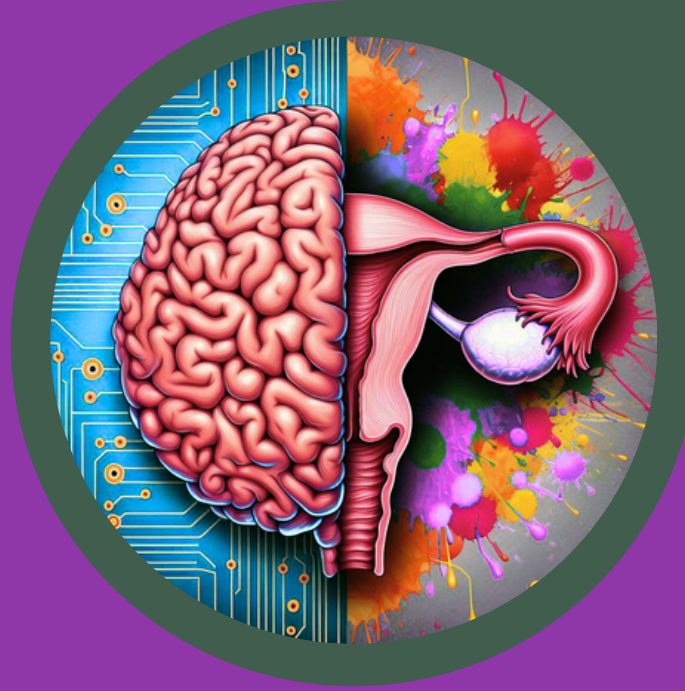


HORMONES HEADSPACE HUSTLE



Empowering women to balance their biology, brains and behaviour

Designed by women for women. This dynamic and thought-provoking workshop is tailored to empower you by unpacking the fascinating science of the female brain, hormone cycle and how it directly impacts focus, productivity, decision-making, and wellbeing.

Led by Dr Zoe Billings, Hormones, Headspace & Hustle goes beyond biology to explore the deeper connections between brain chemistry, societal expectations, and how to address the challenges modern women face.

Walk away with knowledge and practical tools to support yourself:

- Understand your cycle to tactically be at your best at all times.
- Learn how stress triggers and responses differ between the sexes and how to manage them.
- Identify your top priorities and confidently say no to distractions or demands.
- Create a personal system to align your choices with your goals and energy.
- Develop habits that help you move through your week with purpose, focus, and compassion.

If you're feeling overwhelmed, and tired of juggling or you're just ready to optimise how you live and avoid burnout, this session will help you tap into your biological strengths and build a more balanced, effective & enjoyable approach.

info@adaptandevolve.co.uk

www.adaptandevolve.co.uk

Telephone: 07773 175605 / 07801 821444

Adapt & Evolve Consultancy
Be the best in your field

What you'll learn:

The brain-hormone connection

Discover how oestrogen boosts creativity and energy, and how progesterone brings calm and clarity.

The hormonal blueprint of the menstrual cycle

Gain insight into the natural rhythm of oestrogen and progesterone, how they rise and fall across the month, and what each phase means for your cognitive abilities, emotional states, and energy levels.

The evolving role of women

Examine how the modern woman's responsibilities have changed dramatically over time from traditional caregiver roles to high-performance professionals and the dangers of trying to do everything.



Rooted fears and hidden stressors

Delve into the deeper psychology of female stress responses, including the primal fear of social rejection that traces back to our evolutionary past.

Why women experience the world differently

Explore the neurological and emotional differences in how women and men respond to stress, communicate, and make decisions.

To book this or any of our other workshops for your organisation, please contact us

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