



One in 6 couples struggle with infertility, with those affected feeling sad, frustrated and worried nearly all of the time and 42% had experienced suicidal feelings. Understandably this is having a significant impact on the emotional wellbeing of people at work, and workplace productivity.

A study of 900 women going through IVF by the Fertility Network showed that **85%** of women felt that treatment affected their day to day work, **58%** reported that work affected their treatment and **59%** felt their employer would benefit from education to help them understand the needs of someone having treatment.

The IVF Positivity Planner is a unique support resource, that combines coaching exercises and coping strategies with a 12-week journal to fully support people through IVF. Providing the IVF Positivity Planner to your employees as a support resource when they are going through treatment will show you truly care and give them something to help them cope, whilst staying focussed at work.

Benefits to You

- Retain valued and experienced employees.
- More productive and happy workforce.
- Shows your employees that you care about their wellbeing.
- Highlights your focus on Diversity, Equity and Inclusion.
- Create a reputation as an employer who values their employee's wellbeing.
- Companies become appealing employers (particularly to women) when they have a supportive policy on Fertility treatment.
- Supported employees are more likely to make treatment work around their job. They will be less likely to take time off due to stress, and there will be less impact on productivity.

Benefits to your Employees

- They feel calmer, more informed and more in control of what is happening to their body.
- They are in a better state for coping through treatment.
- Provides coping strategies and exercises to aid emotional wellbeing.
- It features a specific treatment section to reduce overwhelm and create a plan to feel in control of the process.
- They feel supported by you and important to the organisation.
- They are in a better able to manage their symptoms at work (and at home).

"This planner provides space for 12 weeks of tracking and journaling interweaved throughout with encouraging exercises and useful prompts to help balance your thoughts and think about the 'practical things you need to get done' to 'self-care and relaxation' to focusing on your innermost feelings."

Angela Pericleous-Smith, Chair of the British Infertility Counselling Association (BICA)

"The IVF positivity planner is an amazing resource that I think that every person on an IVF or fertility treatment journey should have access to. It's full of quotes and tips that really will help contribute to the emotional wellbeing of people on a fertility journey."

Francesca Steyn, Chair of RCN Fertility nursing forum and Director Fertility Services at Peppy.



★★★★★

Best seller on **Etsy and amazon**

“ Thank you for creating something truly amazing and awesome”

“ This is helping me get my head round a complicated and emotionally & physically challenging journey.”



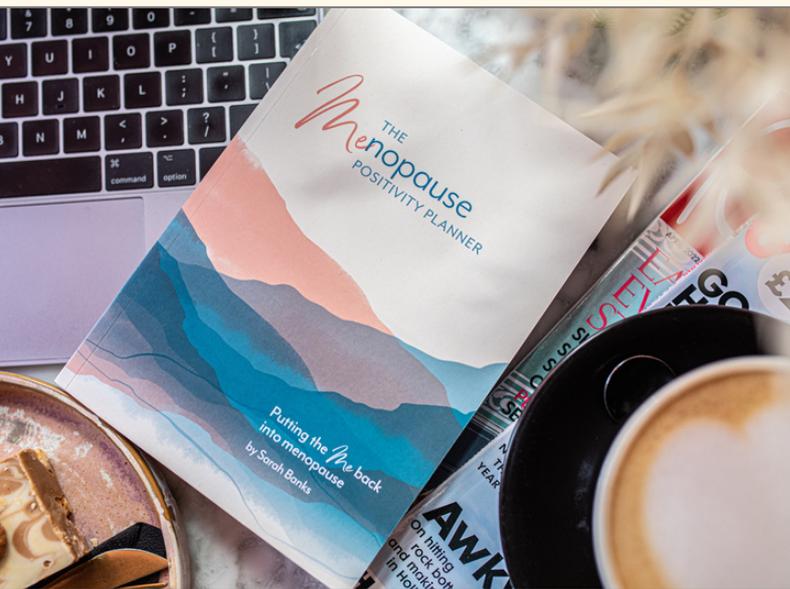
The Menopause Positivity Planner is a unique support resource, that combines coaching exercises and coping strategies with a 12-week journal to fully support people through their menopause. This planner has been designed to help all women embrace their menopause with optimism; feeling prepared, empowered and positive about what comes next.

Supporting Your Employees

Research has shown that **90%** of women felt that their menopause symptoms were having a negative impact on their work and **10%** have left their jobs because of symptoms of the menopause.

The ONS stated that menopausal women are the fastest growing demographic in the workplace, highlighting the need for more support and understanding from organisations.

Providing the Menopause Positivity Planner to your employees as a support resource will help them cope and stay productive in the job they love.



Benefits to You

- Retain valued and experienced employees.
- More productive and happy workforce.
- Shows your employees that you care about their wellbeing.
- Highlights your focus on Diversity, Equity and Inclusion.
- Create a reputation as an employer who values their employee's wellbeing.
- Companies become more appealing employers (particularly to women) when they have a supportive policy on menopause.

Feedback on the Planner

"Just loving this menopause positivity planner. Its got so many different things in it, questions to ask yourself, things to think about and giving you ideas on how to concentrate on yourself and help you to realise that what you're feeling physically and emotionally are quite normal for this time in your life.

There us also a three month diary so that you can write down how you're feeling and to make you reflect on what has been positive in your day, even the smallest things count"

Benefits to your Employees

- They feel calmer, more informed and more in control of what is happening to their body.
- They feel supported by you and important to the organisation.
- They are better able to manage their symptoms at work (and at home).
- They feel more confident and competent in their role.
- Provides coping strategies and exercises to aid emotional wellbeing.
- They feel more secure in their role.