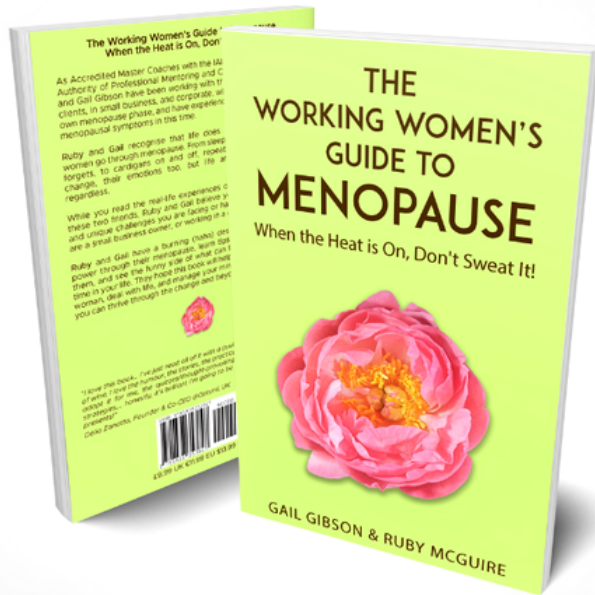


THE WORKING WOMEN'S GUIDE TO MENOPAUSE

When the Heat is On, Don't Sweat It!

GAIL GIBSON & RUBY MCGUIRE



THE WORKING WOMEN'S GUIDE TO MENOPAUSE

When the Heat is On, Don't Sweat It!

Ruby McGuire, Business & Mindset Queen, and Gail Gibson, Performance Coach, are on a mission to help working women manage their mindset through menopause. They have co-authored a book called The Working Women's Guide to Menopause, When The Heat is On, Don't Sweat It!

Accredited master coaches Ruby and Gail want to help women power through their menopause and have written the book, which is packed with proven tips and tricks, to support peri and menopausal women, and help them see the funny side of what can be a challenging time in their life. The book features stories from women going through menopause with their techniques for managing changes, their mindset and workload, so they can thrive through the change and beyond.



The book aims to support the rise in advocacy for menopause to be acknowledged in the workplace through conversations and emerging menopause policies, to help menopausal employees and support business owners struggling with menopause while working from home. 100% of women will go through this transition, with varying levels of symptoms.

Research shows that in 2020 there were 657 million women aged 45- 59, many contributing to the workforce throughout their menopausal years. Nearly eight out of ten menopausal women are in work.* Copies of the book are available to purchase on Amazon, Waterstones, Blackwells, Book Depository, Foyles, Gardners, Apple Books, and Nook.

GAIL & RUBY'S THOUGHTS

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Gail and I recognise that life does not stop just because menopause starts. From sleepless nights, sweats, and forgets to cardigans on and off, repeatedly. Women's bodies change, their emotions too, but, of course, life and business have to carry on.

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When reading the real-life experiences of women in the book, Ruby and Gail believe readers will be able to relate to the challenges, whether as a small business owner or working in a corporate role.

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So many women have no idea of the impact that menopause can have on their work and personal lives. We want our book to raise awareness for working women around this critical area - it is time to eliminate the 'taboo' around menopause.

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ABOUT THE AUTHORS:



GAIL GIBSON & RUBY MCGUIRE

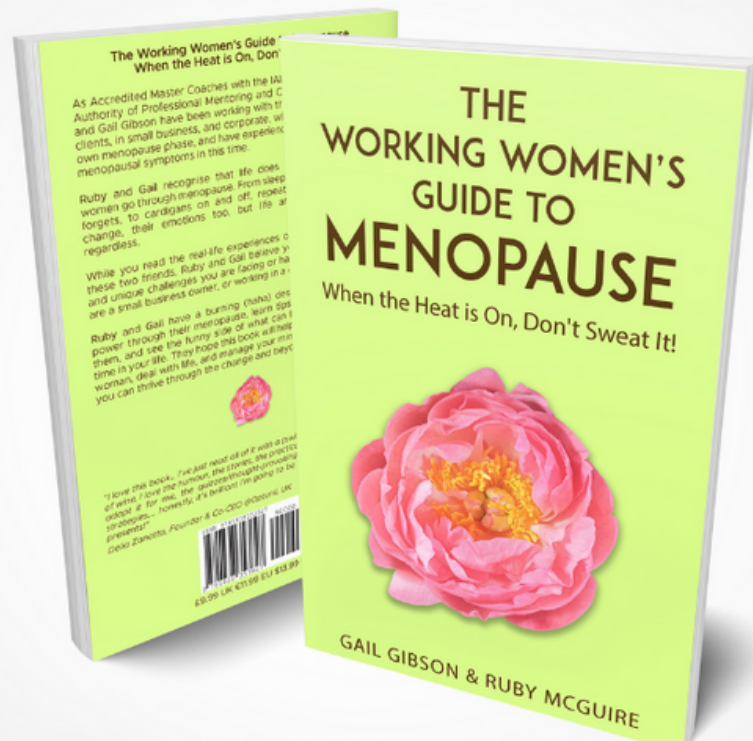
Ruby is based in Ayrshire, Scotland. Gail is based in Penang, Malaysia. Both women have a global reach with their coaching/mentoring businesses: Gail coaches women leaders and Ruby coaches and mentors' solopreneurs. Mindset sits at the heart of their work, hence being the focus of their book.

POSSIBLE INTERVIEW QUESTIONS

1. What gave you the idea to start a book about menopause?
2. Why do you think people need to read your book?
3. If you could share one key thing with our audience, what would it be?
4. What is the significance of the peony flower on the cover?
5. How is your book different from other books on menopause?
6. How did you achieve writing a book together from opposite sides of the world?
7. Who is your book for?
8. On the topic of menopause and the growth of inclusivity in the workplace, how can your book help organisations get the conversation started?
9. What do you like to do when you're not writing?
10. What was one of the most surprising things you learned in creating your book?
11. What is your favourite childhood book?
12. What's your current favourite book, or your favourite book of all time and why?

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NOTE TO EDITORS

1. In 2020 there were 657 million women aged 45- 59, many contributing to the workforce throughout their menopausal years.

source: EMAS - European Menopause & Andropause Society

2. Nearly 8 out of 10 menopausal women are at work

*source: Faculty of Occupational Medicine**

3. 94% of women don't feel they get enough support during their menopausal journey

source: Gennev - Zeitgeist Menopause Statistics

4. 1 in 4 working women consider leaving their jobs due to menopause

source: Wellbeing of Women Survey 2016

FOR MORE INFORMATION, PLEASE CONTACT:

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PODCAST SHOW NOTES

Ruby McGuire is a Business & Mindset Queen. She is an accredited master coach, accredited master mentor, trainer, inspirational speaker and author. She loves helping her clients across the globe to step up and become leaders (aka Queens) of their businesses by developing leadership skills, ditching self-doubt and creating a success mindset.

RUBY MCGUIRE



Ruby has many books to her name, some co-authored, some authored, including the IAPC&M's (International Authority of Professional Coaching & Mentoring) book, How to Win & Keep Clients, Awaken Your True Potential, Ruby's Little Book of Visibility Tips, and her latest books in 2021 being Ruby's Coaching Gems and The Working Women's Guide to Menopause: When the Heat is On. Don't Sweat It! 2021.

Ruby has a podcast show, Rock Your Fabulous Biz, where she shares bite-sized tips in a fab and fun way on all things business-related. She's a Brit on a mission to live a simpler life without marketing with social media so that she can spend more time in her beautiful Scottish surroundings.

She lives in Scotland with her hubby, little dog and flock of chickens. You can find her at her [pretty online home](#) or satisfying her obsession of pinning on [Pinterest](#)! Finally, check out her mini guide to [Marketing Without Social Media](#) (an extract from her book, Ruby's Coaching Gems).

PS. You'll pretty much always find her surrounded by lots of books or making cards with a cappuccino in her hand (She says, "Preferably Whittards Vanilla Coffee please"!)

Connect with Ruby

[Website](#) | [Books](#) | [Podcast](#) | [Marketing without Social Media](#)

PODCAST SHOW NOTES



Accredited master coach, author, speaker, and podcast host, Gail Gibson, helps women leaders regain control of their mindset, achieve peak personal performance, and flourish. Her simple, yet effective Can Do Approach, has led to life-changing personal growth for women leaders in the UK, US, and Asia.

GAIL GIBSON

Author of Making Connections: How to Network Effectively to Build Better Business Relationships, 2009, and co-author of 2 books, The Rise of SEE-19™ Leadership: See Beyond and Become the Leader You Are Born to Be, 2021 and The Working Women's Guide to Menopause: When the Heat is On. Don't Sweat It! 2021.

An inspirational speaker on Self-leadership and Sustaining Peak Personal Performance.

Host of The Can Do Way, an uplifting weekly podcast featuring stories of Can Do growth, resilience, and success.

A self-confessed book addict and voracious reader, green tea drinker, haiku poet, who loves to keep fit in the great outdoors – her 'green' gym.

Gail lives in Malaysia with her husband.

Connect with Gail Gibson

[Website My Link Tree Books Podcast](#)