

Work Better, Live Better

# Menopause and Mental Health

With Thea O'Connor

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Almost two thirds of women experience changes in mood or cognition during the menopause transition. However, most women haven't been educated about these menopausal symptoms so when they experience them, many worry they are losing their edge or even showing signs of dementia. In this webinar Thea O'Connor, Director of Menopause at Work® and ambassador for Monash University's HER Centre for women's mental health, will cover: The most common psychological changes during the menopause transition including brain fog and mood changes; What causes these changes, including the role of hormonal changes and mid life demands; How to tell the difference between normal, temporary menopausal symptoms or something more serious; How women can support themselves, or advocate for the best treatment possible from their doctor.

## Registration details



**Date:** 21 October 2025



**Time:** 1PM AEDT



**Where:** Virtual.  
A viewing link will be emailed to the registered email address.



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## Thea O'Connor.

Thea O'Connor is a senior advisor on workplace wellbeing, TEDx speaker and coach. She works with leaders, teams and individuals to help them develop healthy, sustainable and effective work practices. Her work over the last 30 years has spanned nutrition (dietitian), body image, sleep science, workplace and public health. As Founder of Menopause at Work® Asia Pacific, Thea encourages a life-stage approach to employee wellbeing so that different stages of the lifecycle, such as menopause, can be accommodated. She has helped many workplaces become menopause-friendly so that midlife women can thrive. Thea is also a Naptivist, promoting the powernap as the new coffee break for the sake of our professional and personal sustainability. At the heart of all her work is the vision of creating body-honouring cultures at work, and at home, so we can all flourish.

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