



Gyrfa Cymru  
Careers Wales



**Working Wales**

#changeyourstory

# Change Your Life Through Health and Well-being

This one-day event will feature guest speakers and workshops:

**Jayne Woodman** from **The Menopause Team** will be discussing menopause signs and symptoms, how you can access support and HRT.

**Careers Wales** will deliver a workshop on **Employability Skills** which will include getting back into work as well as coping in work.

**Gaby Cortez-Jones** from Women's Aid will be introducing their **Ask Me** scheme that helps survivors of abuse.

**Talia Loderick**, a **Money Coach** who specialises in coaching women to be more confident with money, will be giving a workshop on planning and setting financial goals and creating a positive relationship with your finances.

**Richard Marshall** from **Conflict Resolutions** will deliver a non-violent **self-defence** class to show women how best to protect themselves in every day life and to make sure of safety at all times.

The event will be held at Quaker Meeting House,  
Charles Street, Cardiff, CF10 2GB

**Friday 10th March 2023**

**10am to 3pm**

**All are welcome, tell a friend, bring a colleague!**