



Dr. Ang Mac, Ph.D.

Consultant, Educator, Veteran Advocate

For All Women in Midlife

WORKPLACE PERI/MENOPAUSE & MIDLIFE WOMEN'S HEALTH SPEAKER & TRAINING SERVICES

Helping organizations retain experienced talent, strengthen workforce wellbeing, and support women through midlife health transitions.

About Angela H. McConnell, aka Dr. Ang Mac

Angela H. McConnell, Ph.D., is a healthcare executive, educator, Army/Air Force veteran, consultant, founder of Q Integrative Healthcare/Dr. Ang Mac, and founder/CEO of NOVA Veterans Association. She brings decades of experience in healthcare administration, workforce development, leadership, and women's midlife health advocacy.

Training Programs

Program	Audience	Duration	Investment
Employee Wellbeing & Awareness	All staff	45-60 min	\$1,500-\$2,500
Manager & Supervisor Training	Managers and Team Leads	60-90 min	\$2,500-\$4,500
HR & Leadership Strategy	HR, Benefits, Executives	90 min	\$4,000-\$7,500
Conference Keynote	Professional audiences	60-90 min	\$5,000-\$10,000
Half-Day Workplace Program	Mixed audiences	4 hrs	\$7,500-\$12,500
Full-Day Organizational Program	Enterprise-wide	6-8 hrs	\$12,000-\$20,000

Learning Objectives

- Assess the workforce and business impacts of perimenopause and menopause.
- Identify evidence-based workplace practices that support employees and organizational performance.
- Develop actionable HR strategies that improve retention, engagement, and workplace culture.

Book Dr. Ang Mac

Website: www.DrAngMac.com

Schedule: <https://drangmac.com/schedule/>

Speaking • Consulting • Leadership Training • HR Education