



Dr. Ang Mac, Ph.D.

Consultant, Educator, Veteran Advocate

For All Women in Midlife

Dr. Ang Mac Workplace Peri/Menopause & Midlife Women's Health

Speaking & Training Program Guide

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

Employee Wellbeing & Awareness Session

Audience: All Employees

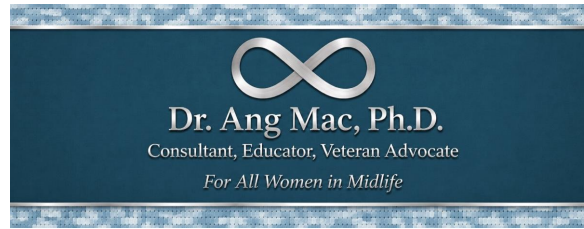
Program Highlights:

- Understanding perimenopause and menopause
- Reducing stigma and misconceptions
- Supporting colleagues and family members
- Understanding common symptoms and workplace impacts

Program Description:

Participants gain practical knowledge that fosters empathy, awareness, and a supportive workplace culture. Ideal for employee resource groups, wellness programs, healthcare organizations, government agencies, and employers seeking workforce-wide education.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.



Manager & Supervisor Training

Audience: Managers and Team Leaders

Program Highlights:

- Recognizing workplace impacts
- Supportive communication strategies
- Performance management considerations
- Building psychologically safe teams

Program Description:

Leaders learn how to support employees while maintaining performance expectations and team effectiveness. Includes practical workplace scenarios and communication frameworks.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.

HR & Leadership Strategy Session

Audience: HR, Benefits, Executives

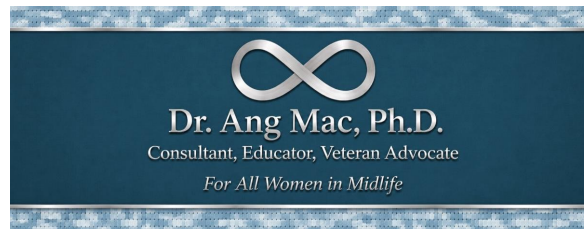
Program Highlights:

- Retention and productivity impacts
- Benefits and policy considerations
- Organizational risk mitigation
- Building menopause-inclusive workplaces

Program Description:

Designed for decision-makers seeking evidence-based strategies to improve employee wellbeing, engagement, and workforce sustainability.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.



Conference Keynote

Audience: Professional Associations and Conferences

Program Highlights:

- Emerging workforce trends
- Business case for supporting midlife women
- Health, leadership, and retention
- Actionable organizational solutions

Program Description:

An engaging keynote that combines science, workforce strategy, leadership, and lived experience. Ideal for SHRM, healthcare, veteran, and leadership conferences.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.

Half-Day Workplace Readiness Program

Audience: Mixed Organizational Audiences

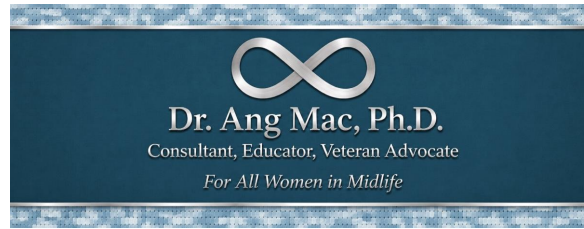
Program Highlights:

- Executive briefing
- HR strategy session
- Manager training
- Employee awareness education

Program Description:

A comprehensive organizational introduction to workplace menopause readiness with actionable recommendations and implementation guidance.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.



Full-Day Organizational Transformation Program

Audience: Enterprise-Wide

Program Highlights:

- Leadership engagement
- Policy and benefits review
- Manager capability development
- Employee education and culture change

Program Description:

An immersive program that helps organizations build long-term strategies supporting women during midlife health transitions while strengthening organizational performance.

Typical Duration & Investment: See current Speaker & Training Fee Schedule.

About Dr. Ang Mac

Angela H. McConnell, Ph.D., is a healthcare executive, educator, consultant, Army/Air Force veteran, founder of Q Integrative Healthcare/Dr. Ang Mac, and founder/CEO of NOVA Veterans Association. Her work focuses on women's midlife health, workforce wellbeing, healthcare leadership, and organizational performance.