

PODCAST TRANSCRIPT



EPISODE 111

*One Woman's Journey of
Menopause At Work...
A Journal Entry*

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HAPPY EXECUTIVE WOMAN

Episode 111

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### One Woman's Journey of Menopause At Work... A Journal Entry

Now that I have returned from a much needed vacation to London and Paris *and* I've started to recover from COVID, *it's time to get back in the saddle.*

#### Did you know that October was Menopause Awareness Month?

Tune in to this week's episode as I read you one of my client's entire journal entry.

Whether you have or ever will experience menopause, **my client's most inner thoughts will give you a glimpse into what women, in her case, a woman of color, struggle with during this time in our lives.**

Most people do not, not even the women going through it. It is rarely discussed in our homes, even less in the workplace.

*See you inside...*

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Did you know that October was menopause awareness month? **Most people do not,** not even the women going through it. It is rarely discussed in our homes, *even less in the workplace.*

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### One Woman's Journey of Menopause At Work... A Journal Entry

Somehow, we are either given very little information or not enough of the correct information and support to help us navigate the physical, mental, emotional, or spiritual aspects of it, yet, **we are expected to "suck it up" like it's just another thing that happens in a woman's life that we shouldn't discuss in the workplace.**

I want to give you a glimpse into a day in a woman's life going through *"the change"* or menopause as a journal entry. I'm sure many women will also see themselves in this client's experience. Here it goes...

**"Today was a heavy day.** The weight on my chest feels so much more significant than the piles of paper and looming deadlines. Sometimes, if only it were just about the work. But no, it's about this body, *my body*, betraying me every moment.

Menopause has been unforgiving. Hot flashes in the middle of meetings and the sudden chills afterward. I had to excuse myself *three times* from the conference room today. Once, I thought I would faint. I can see the hushed whispers and puzzled glances when they think I'm not looking.

**It's hard enough being one of the few women of color in this building without this silent storm inside me adding to the narrative.**

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My sleep? **It's as broken as my spirit.** Those night sweats leave my sheets wet and my patience thin. When morning comes, the fatigue grips me like a vice, and I'm expected to show up, lead the team, and put on a brave face. *But who can I tell?* That I wake up multiple times a night? My mood swings might make me snap at someone, not because of work but because my hormones are playing an evil game.

And, oh, the fog! I've always been sharp, always been one step ahead. But now, words slip away like sand between fingers, and memories are as elusive as smoke. What was once second nature now feels like an uphill task.

My leadership sees a robust and resilient woman, but they don't see the cracks forming. I've tried hinting and letting them know, **but perhaps the language of menopause is foreign to them.** The younger women they're sympathetic, but it's clear they don't quite get it. *Not yet.* And I don't know how to bridge that gap without sounding like I'm whining, complaining, or making it all about me.

The exhaustion isn't just physical; **it's mental, emotional and spiritual.** This façade is wearing thin, but I'm afraid of showing vulnerability. In this world where every step feels like a battle, *how do I admit that I'm being defeated, not by competition or workload, but by my own body?*

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I wish there were more understanding and more space to breathe. More compassion. It's lonely at this intersection of womanhood and race, with the added layer of menopause. But for now, I'll wear my armor, gather my strength, and face another day because that's what we do, right?

**We rise despite it all."**

This journal entry was penned from the perspective of a Black woman. However, every woman undergoes a transformative "change" during this phase, with experiences varying in intensity from one individual to another.

The intention behind sharing this is to shed light on the realities that you, or perhaps women in your workforce, might be confronting daily. **It's about cultivating awareness.**

In the next episode, I'll delve into actionable steps you can take as an executive leader to support your employees in navigating this significant life transition.

In the meantime, a little compassion goes a long way!

*See you in the next episode...*

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**Meet Anita Charlot** - your conscious leadership consultant, trainer, and all-around advisor for conscious businesses. Anita digs deep into the big "whys" of your business, walking you through how your purpose, values, and social impact can go hand in hand with your bottom line.

She's all about helping leaders like you make sense of your place in the world, using real-world strategies, metaphysical insights, and philosophical principles to navigate decisions that sync up your business actions with what matters most for your Black and Brown employees.

Anita is passionate about guiding leaders through the ins and outs of allyship - from what it means to be an ally to the different levels of it. She creates a "no judgment" zone for you to ask all those "uncomfortable questions" and helps you create a supportive environment that forms a "glass bridge" instead of a "glass cliff" for Black and Brown women in leadership roles.

Anita is also the go-to person for Powerful Women of Color who've dealt with corporate trauma and are looking to bounce back and thrive, no matter where they work.

If you're a member of the C-Suite or an up-and-coming leader who wants to take the first step towards a more conscious and inclusive leadership style, click to book time on Anita's calendar: [www.calendly.com/coachanitacharlot](http://www.calendly.com/coachanitacharlot)

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If you're a Black or Brown woman ready to heal from corporate trauma and empower yourself professionally, contact Anita: <https://anitacharlot.com/contact>

For media, speaking gigs, and more, head over to: www.calendly.com/coachanitacharlot

Are you ready? Reach out to Anita Charlot today.

Let's make a positive change together.