



Pat Duckworth

Women's Wellness and Workplace Menopause Strategist

Pat Duckworth is a best-selling author, an international speaker and specialist in the area of wellness at menopause. She enjoyed a 30 year career in the British Civil Service becoming a Director in a major Department.

She has written 5 books on the subject of women's health at midlife. In 2021 her book, Menopause: Mind the Gap, was given a 9/10 rating by getAbstract.

Pat is a naturally-gifted public speaker, bringing humor and authenticity to her fact-filled presentations.

Pat has worked with organisations in the Public and Private Sectors including: HMRC, ONS, Thomson Reuters, ProQuest, Galliard Homes, Cheshire Fire Service, Kameo Recruitment, & Cambridge University Press

Pat received the 'Heart and Spirit Award' from the Evolutionary Business Council in 2022.

Bring understanding and action to your next event with Pat's refreshing attitude to life after 50.

Past Speaking Engagements

- Women Economic Forum, Delhi
- HM Revenue & Customs
- Public Speakers Association
- International Institute of Reflexology, Barcelona
- AHPS Singapore
- Thomson Reuters 2021
- ProQuest 2021
- Imperial College, London 2022
- SIA, California 2022

Pat brings such an uplifting sense of humor to every presentation she does. She made it so easy to embrace her heartfelt message. Profound leader and amazing presence! I would highly recommend Pat Duckworth as a speaker and leader.

Sheila Unique, Trainer & Speaker at The Unique Approach

BOOK PAT for your event today!

Pat Duckworth
+44 – 1763 853867
pat@patduckworth.com
www.patduckworth.com
Facebook.com/pat.duckworth2
LinkedIn.com/in/patduckworth