



## **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 Uniaue Approach

### **BOOK PAT for your event today!**

Pat Duckworth  
+44 – 1763 853867  
[pat@patduckworth.com](mailto:pat@patduckworth.com)  
[www.patduckworth.com](http://www.patduckworth.com)  
[Facebook.com/pat.duckworth2](https://Facebook.com/pat.duckworth2)  
[LinkedIn.com/in/patduckworth](https://LinkedIn.com/in/patduckworth)

**Contact Pat Duckworth** [pat@patduckworth.com](mailto:pat@patduckworth.com) +44 1763 853867