

Leading While Bleeding™

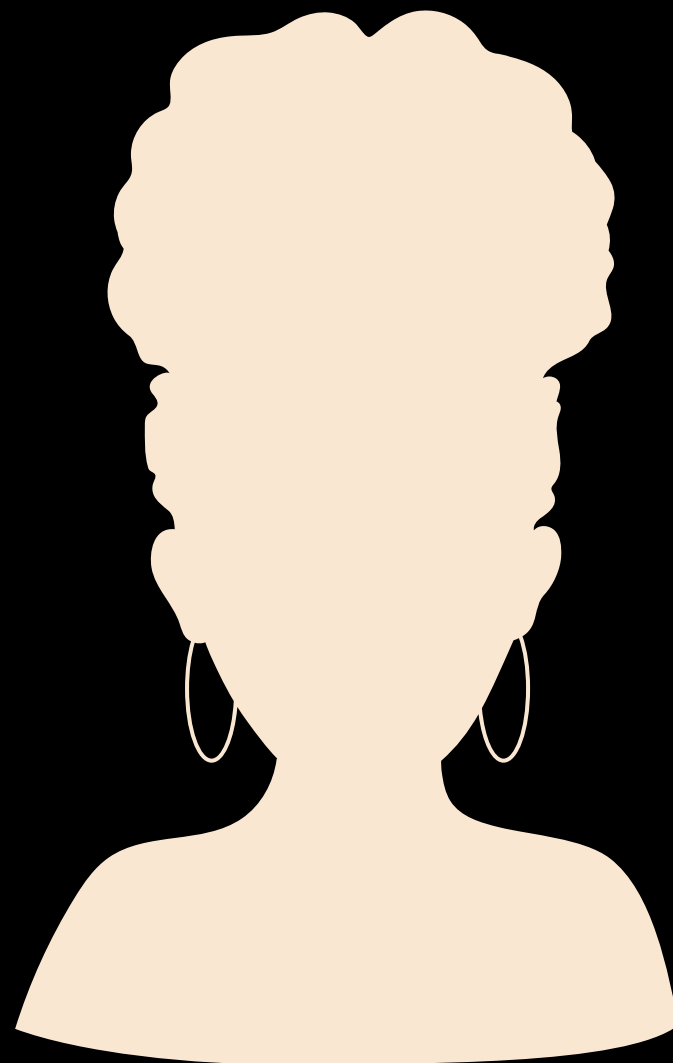
*What Women Experience & What
Workplaces Miss*

MsTonya



**“It’s Monday
morning... and my
period just came on.”**

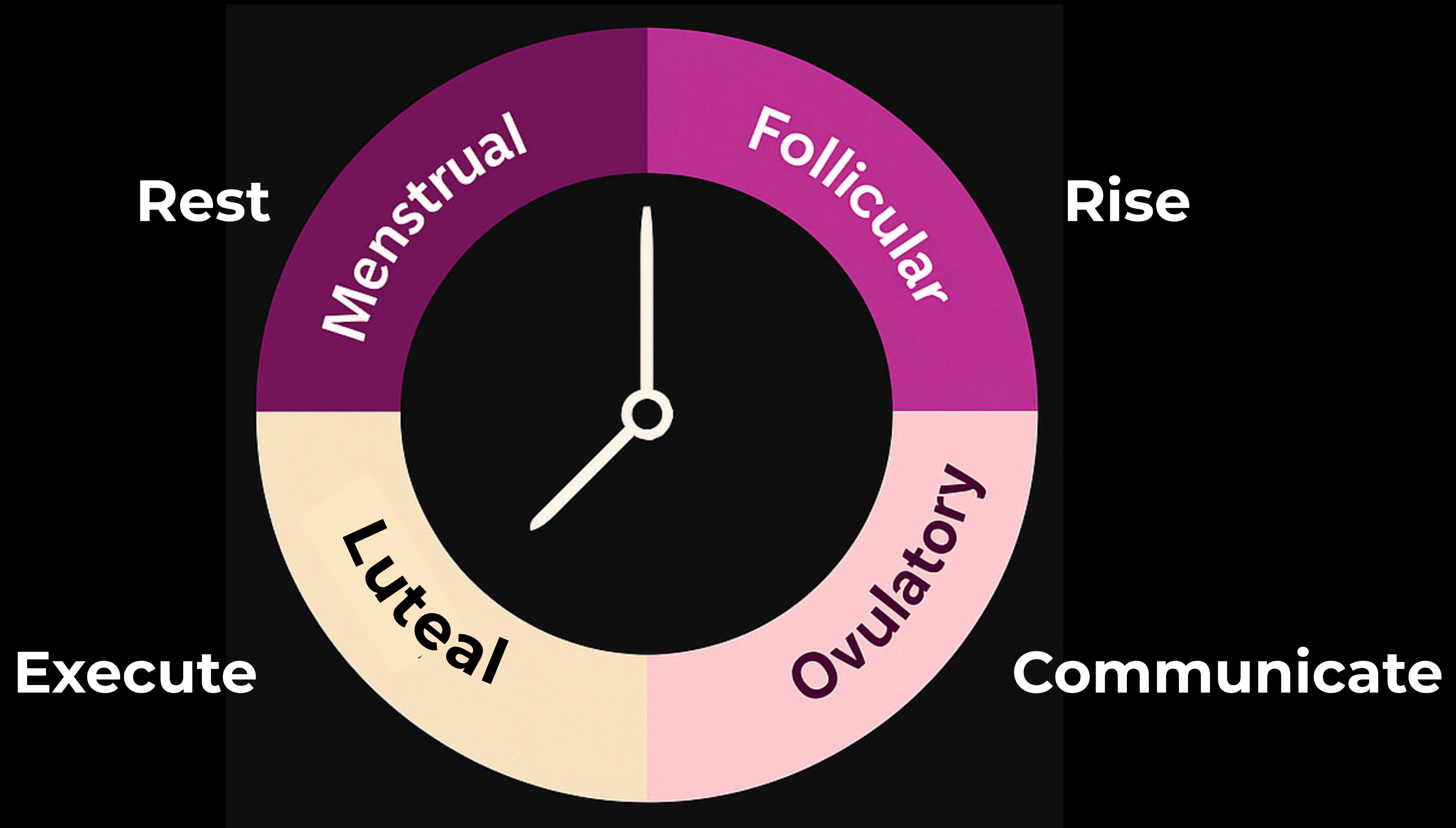
“Menstruation: The Leadership Reset Phase”

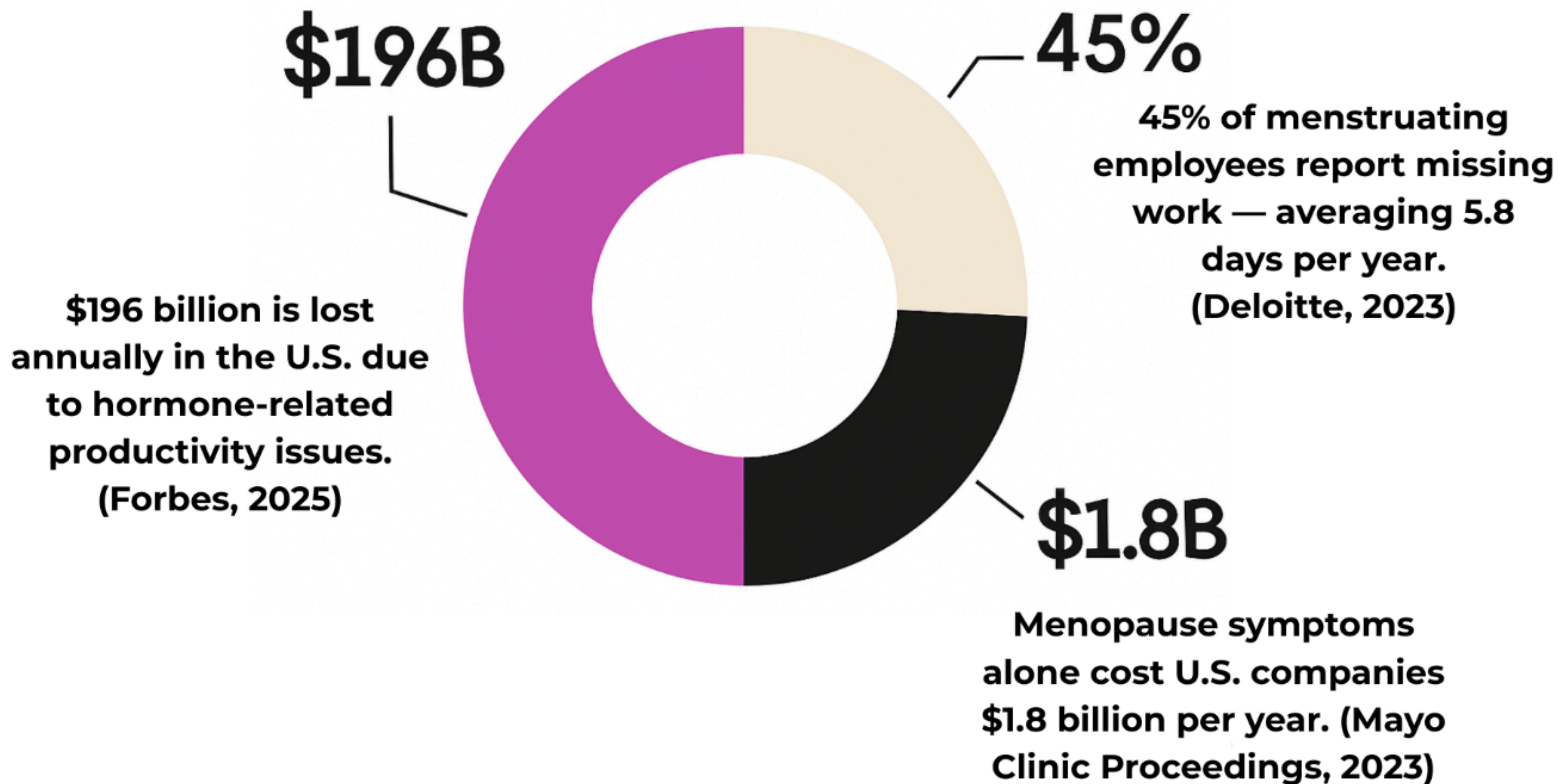


- **Intuitive insight**
- **Emotional honesty**
- **Boundary awareness**
- **Internal alignment + reset**






What menstruation actually activates in leadership

The Hormonal Leadership Clock TM





What Workplaces Gain When They Understand This

-  **Higher productivity**
-  **Lower burnout**
-  **Better leadership pathways**
-  **Higher retention**
-  **Stronger psychological safety**