



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada

PERIMENOPAUSE UNVEILED | EMBRACING THE JOURNEY

Daria Rosen

Daria Rosen Consulting, USA

Biography

Daria successfully navigated the perimenopause journey and was impacted when she saw others not understanding what was occurring because it is not typically discussed. Her goal is to help women shake the fear, ditch the shame and embrace the change as they graduate from their reproductive years and prepare for their next season of life. Hot flashes, mood swings, and more don't have to take over your life if you understand and manage your symptoms. Her solution-driven approach is powered by her background as an MBA from Golden Gate University and her 20+ years of experience in the medical IT field. Translation: she knows how to make big concepts bite-sized and easy to understand.



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Presentation Title: Perimenopause Unveiled | Embracing the Journey

Daria Rosen, MBA Golden Gate University; Senior Manager Pixel Health; speaking@dariarosen.com

Fellow Panel Members: Taurea Avant, Tiffani Teachey, Lena Payton Webb, DeShonda Jennings, Bertha Winston, Ernee Peppers, Dr. Iris Wright, Domonique Carson, Tiffany Moore-McIntosh

Daria helps women shake the fear, ditch the shame and embrace the change as they graduate from their reproductive years to the next season of life. Hot flashes, mood swings, and more don't have to take over your life if you understand and manage symptoms. Her solution-driven approach is powered by her background as an MBA from Golden Gate University and her 20+ years of experience in the medical IT field. Translation: she knows how to make big concepts bite-sized and understandable. She is proud of being an international TEDx panelist, and publishing her first solo book at 62.

As a woman that has 'been there and done that', Daria tackles the subject of "Perimenopause - what your mother and girlfriends did not tell you" while presenting the topic in a comfortable, humorous, and enlightening manner to an audience that may not be aware that symptoms can begin as early as a woman's 30's nor had anyone tell them what they could expect in the areas such as:

- Hot flashes - layering is not just for cakes
- Mood swings - you're not going crazy
- Sleep hygiene - when's the last time you defragged your brain?

Finally, giving the audience permission that perimenopause is not to be feared and most importantly is to be discussed amongst women and the families that love them. A commercial years ago said "tell two friends and they'll tell two friends, and so on and so on." That is the goal!

Daria Rosen
Founder

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