



Supporting
Social
Employers

2026

EVH Annual Conference



Location: Glasgow Westerwood Hotel, Cumbernauld

Dates: Thur 29 & Fri 30 October 2026

Format: 2-day conference with dinner & entertainment for the Thursday evening

Menopause insights for an Agile Workforce

Speaker: Rachel Weiss – Friday 30 October

Many people leave work due to their menopause symptoms. An agile workplace can support conversations about reasonable adjustments and retain staff at this inevitable life stage. But most of us know very little about menopause, or what can ease the symptoms. Join Rachel to learn menopause basics: symptoms and what can help, so you can better support colleagues, friends, family and yourself.



About the Speaker: Rachel Weiss

Rachel enjoys helping people lead more satisfying lives and exploring, for herself, what it means to become an older, wiser woman. In her day job at Rowan Consultancy, she is a counsellor, trainer and coach. Rowan provides the employee counselling service for EVH, alongside workplace mediation, coaching, training and critical incident support.

Rachel founded the Menopause Café charity in 2017 in Perth, to increase awareness of the impact that menopause has on those experiencing it, their colleagues and families. It is now a worldwide network of volunteers hosting pop-up menopause discussions in the community and in the workplace.

To book, please email Events@evh.org.uk

THURSDAY 29 OCT

FRIDAY 30 OCT

WESTERWOOD HOTEL