

Conditions For Flourishing



Exploring what enables women to flourish in life after menopause

An independent qualitative research enquiry seeking funding and research partners



What becomes possible in a women's life after menopause?

Public and clinical conversations about menopause have expanded significantly in recent years, particularly around symptoms, treatment and workplace support.

But menopause is also a profound life transition, occurring at a time when women may be renegotiating identity, work, relationships, ageing, ambition, creativity, purpose and their place in the world.



The enquiry

This independent qualitative research explores women's lived experience during and following menopause with particular attention to the conditions that enable flourishing.



Identity



Wellbeing



Contribution



Work



Leadership



Relationship



Community



Agency



Belonging



Creativity



Why this matters?

Existing research shows that menopause can shape identity, participation and self-efficacy as well as physical health, with experiences ranging from disruption to renewed confidence. What, then, helps women flourish in the many active years that follow?



The Research is already underway



Literature review

An ongoing review of research across menopause, wellbeing, identity, ageing, work and women's participation.



Qualitative interviews

In-depth conversations exploring women's lived experience during and beyond menopause.



Research notes

Short public observations documenting questions and emerging patterns as the research develops.



The next phase

Funding would enable the enquiry to develop into a deeper programme of independent research, including:

- expanding and diversifying the interview cohort;
- deeper thematic analysis;
- further evidence review;
- dedicated paid research time;
- exploration of themes emerging from the first interviews;
- dialogue with practitioners, researchers and organisations;
- continued public Research Notes;
- a substantial research report;
- essays, briefings and accessible public interpretation;
- development of future research questions and partnerships.



Seeking conversations with:



Funders



Foundations



Universities



Research
Organisations



Health
Bodies



Women's
Organisations



Employers



Louise Marlena

Louise Marlena is an independent qualitative researcher, writer and organisational leader.

Her background spans more than 25 years of senior organisational leadership, including CEO and CFO roles within purpose-led and environmental organisations.

She holds a Master's degree in Transpersonal Psychology and brings together qualitative enquiry, deep listening, organisational experience and systems thinking.

The research sits within She Changes, an independent research, writing and enquiry practice.



Contact:



louisetarrier@gmail.com



<https://www.shechanges.earth>