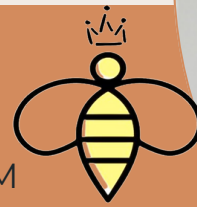


TANYA RUTHERFORD

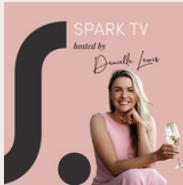
MENOPAUSE ADVOCATE
SOCIAL ENTREPRENEUR
COACH AND EDUCATOR

MUM OF 2 GIRLS
PIGLET FOSTER-MUM



FEATURED IN

Balance
the grind



WINNEWS

SPEAKING TOPICS

- Navigating the Change for Gens X & Y
- Identity loss & hearing your life calling
- Let's talk hidden symptoms
- Menopausal Entrepreneur

OUR IMPACT WORK

- Change focused National online summit
- Courses
- Coaching
- Podcast

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ABOUT TANYA

Tanya Rutherford never set out to be an expert in Perimenopause and midlife transition. It was only after suffering crippling anxiety and other symptoms of perimenopause whilst pregnant with her second child in her late 30's, that she knew she needed to learn more.

At 38, as a "geriatric mother" of a 1 year old and recently redundant, Tanya experienced the debilitating affects of hormonal anxiety.

She found herself constantly imagining worst-case scenarios. Each morning she would watch her husband and daughter leave, convinced it would be the last time she saw them. Tragic stories about children would send her spiralling. She felt like she was going crazy.

Tanya had no idea her anxiety was linked to her hormones. Her Doctor was supportive, but no one connected the dots to perimenopause. It wasn't until a conversation with a friend 6 years later that Tanya first heard the term "Perimenopause" and started piecing the puzzle together.

This moment was a turning point, inspiring her to share her discoveries with other women.



And Queen Be was born.

Tanya was shocked to learn that:

- Perimenopause symptoms can start from the mid thirties.
- Over 50% of the workforce are women, and 39% are struggling with perimenopause.
- An estimated 13% of these women stop working because their symptoms are so bad.
- Some lesser known symptoms include intense anxiety, thoughts of self harm or suicide, overwhelm, painful sex, heart palpitations, worsening pre-existing mental and neurological conditions.

Queen Be is an online community where women can access real, relatable information about menopause, connect with expert guidance for positive change. and share with others as they transition into the next stage of their lives.

Many women across regional, rural and remote locations in particular often miss out and Queen Be is helping bridge that gap.

Through Queen Be, Tanya's mission is simple: to ensure that no woman has to face menopause feeling fearful, alone or uninformed.

Only then can they feel healthy, confident and empowered to enter their next, wiser stage of life.