



PMS, PMDD and PME at work

Talks and workshops for organisations, in person or online.

Why it matters

For some people, the week or two before a period brings changes in mood and focus strong enough to get in the way at work. Most keep it to themselves. These sessions help staff recognise the pattern and give managers a clear way to respond.

1 in 5

women who called in sick with period symptoms told their employer why¹

8.4 days

of work lost a year to period symptoms, mostly by working while unwell¹

5-8%

of women have premenstrual symptoms that impair daily life, including work²

Three ways to book

In person or online, 45 to 60 minutes including questions, in English or Dutch.

Talk

£500 / €500

For everyone, up to 150.
My story, and what PMDD and PME are.

Workshop

£700 / €700

Opt-in, up to 25 people.
Spotting your own pattern, and what to say to a GP or manager.

For managers

£700 / €700

Line managers, up to 25.
What to say in the moment, and flexibility that needs no diagnosis.

Talk and workshop on the same day: £1,100 / €1,100



Plan a session

Book a 20-minute intro call with Helene Choo, founder of Moon Quest.

Pick a time

or email contact@moonquest.app



Scan to book