



TORONTO 2025

TICKETED EVENT | \$25

RESILIENT WORKFORCE

The Hormonal Economy of Performance

JOIN US | 9AM-NOON

NOV 19

Featuring Keynote: Kim Lloyd, Associate Director, McKinsey & Company (North America)

Join leading wellness voice Dr. Elaine Chin as she hosts an insight-driven, high-energy event featuring engaging conversations with expert panelists, **empowering HR leaders to rethink performance through the lens of human biology.**

LET'S TALK REAL HEALTH AT WORK

1 METABOLIC OPTIMIZATION TO DRIVE PERFORMANCE

2 BREAKING THE MENOPAUSE GLASS CEILING

3 BALANCING WORK, FAMILY & (IN)FERTILITY

HOST



Elaine Chin MD, MBA
Longevity Physician,
Founder
theBespokeWellnessGroup™



Kim Lloyd
Associate Director,
Human Resources N.A.
McKinsey & Company



Monique Mazzuca MD
Women's Health
theBespokeWellnessGroup™



Sonia Singh
VP Global Sales
progyny

Together,
let's equip your organization
to lead with resilience.
Limited seats available!

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Location
Toronto Reference Library
789 Yonge Street, Toronto
in the Bram & Bluma Appel Salon

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LET'S TALK REAL HEALTH AT WORK

1

METABOLIC OPTIMIZATION TO DRIVE PERFORMANCE

The Next Frontier of Workplace ROI

Metabolic health is the foundation of focus, energy, and productivity. Drawing on insights from McKinsey's Metabolic Health Revolution and featuring keynote remarks from **Kim Lloyd, Associate Director at McKinsey & Company** and **Dr. Elaine Chin's** workplace pilot, this session explores how biomarker-based prevention reduces chronic disease risk, strengthens stress resilience, and optimizes team performance.

McKinsey projects that achieving "metabolic health for all" could generate 3.5x greater health impact and add \$5.6 trillion to global GDP by 2050. The takeaway: metabolic wellness is no longer a wellness perk, it's a measurable performance strategy that drives results from the inside out.

2

BREAKING THE MENOPAUSE GLASS CEILING

Leading Through the Change

Menopause often coincides with women's peak career years, around age 51 when many step into senior roles. Yet this natural transition, lasting 7–14 years, is rarely addressed in workplace health strategies.

Nearly 1 in 4 women experience serious symptoms such as insomnia, anxiety, depression, and brain fog. 99% report career impact, with 30% citing significant performance decline and 60% taking time off work, often without support. Dr. Elaine Chin leads a candid discussion on how menopause can quietly limit advancement and how proactive employers can retain top female talent through education, medical care, and inclusive policy.

3

BALANCING WORK, FAMILY & (IN)FERTILITY

Real Support for Women's Life Stages

Forward-thinking organizations are expanding women's health benefits beyond fertility treatments, offering egg freezing, IVF support, and now menopause care as part of a truly inclusive workplace strategy.

But do these programs serve business goals more than women's real needs? As egg freezing and family-building perks rise in popularity, Dr. Elaine Chin and Sonia Singh, VP of Global Sales at Progyny, ask: what does true support look like? Together, they explore how organizations can move beyond symbolic benefits to create a culture of genuine care, one that empowers women to thrive, not just keep working longer.

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