



Sonia Jenkins

Author of *The Invisible Midlife Woman*

Why High-Achieving Women Disappear From Their Lives – And How to Return

SHORT PRESS BIO

Sonia Jenkins is an author, former NHS Nurse Practitioner, and recognised voice in midlife health and wellbeing.

With more than 45 years of clinical experience spanning primary care, chronic disease management, women's health, respiratory medicine, diabetes care, and cancer services, Sonia has spent her career helping people navigate complex health challenges with compassion and practical expertise.

Today, she combines her extensive healthcare background with training in functional medicine, lifestyle medicine, and behaviour change to help high-achieving women in midlife restore energy, improve sleep, build emotional resilience, and reconnect with themselves during one of life's most significant transitions.

Her book, *The Invisible Midlife Woman*, shines a light on the often-overlooked experiences of women in their 50s who are balancing careers, caregiving responsibilities, changing health needs, and shifting identities while quietly carrying the emotional load of everyone around them.

Sonia is a sought-after speaker, podcast guest, and educator whose work challenges outdated narratives about ageing and empowers women to make midlife their most powerful chapter.

Based in Wales, Sonia is the creator of The Sonia Jenkins Method™ and recipient of the Health Coach of the Year – Wales Prestige Awards.

MEMORABLE QUOTES FROM THE BOOK

Quote 1

"The invisible midlife woman does not disappear because she lacks value. She disappears because she has spent decades making sure everyone else remains visible."

Quote 2

"Many women do not need fixing. They need a strategy designed for the woman they are now, not the woman they were twenty years ago."

Quote 3

"The goal is not to become who you were before. The goal is to discover who you are becoming."

INTERVIEW QUESTIONS & PREPARED ANSWERS

1. What inspired you to write *The Invisible Midlife Woman*?

For years I worked with women who appeared successful from the outside but privately felt exhausted, overwhelmed, disconnected, and increasingly invisible.

Many believed something was wrong with them.

What I saw instead was a generation of women carrying extraordinary responsibilities while navigating profound physical, emotional, and social changes.

I wrote the book to give language to an experience millions of women are having but rarely discuss openly.

2. Who is the invisible midlife woman?

She is often the woman everyone relies on.

She may be leading a team, supporting ageing parents, helping adult children, maintaining relationships, and managing a household.

From the outside she looks capable and successful.

Inside she is often wondering why everything suddenly feels harder.

The invisible midlife woman is not failing.

She is carrying more than most people realise.

3. Why are so many high-achieving women struggling in midlife?

Because the strategies that helped them succeed in their 20s, 30s and 40s often stop working.

Hormones change.

Sleep changes.

Stress resilience changes.

Recovery needs change.

Yet many women continue to expect the same output from themselves without adjusting the system supporting that output.

Eventually the gap becomes too large to ignore.

4. What is the biggest misconception about women in their 50s?

That midlife is a period of decline.

I see it differently.

Midlife can be a period of reinvention, wisdom, freedom, and extraordinary personal growth.

But only when women are given permission to stop measuring themselves by standards that no longer serve them.

5. What do you hope readers take away from the book?

Relief.

I want women to realise they are not broken.

I want them to understand that many of their struggles make perfect sense.

Most of all, I want them to know that it is possible to reconnect with themselves and create a version of life that feels energising, meaningful, and sustainable.

STORIES FROM THE BOOK

Story One: The Woman Who Could Run a Company But Could Not Rest

One woman I worked with was a senior executive responsible for hundreds of employees.

She managed complex projects, supported her ageing mother, and remained the emotional centre of her family.

To everyone around her she appeared strong and capable.

Yet she told me, "I can solve problems for everyone else, but I no longer know what I need."

Her challenge was not a lack of competence.

It was years of self-abandonment disguised as responsibility.

Her journey illustrates one of the book's central messages: success does not protect us from disconnection.

Story Two: The Day Her Body Refused to Cooperate

Another woman described herself as someone who had always pushed through.

She pushed through fatigue.

She pushed through stress.

She pushed through poor sleep.

Until one day she simply couldn't.

Brain fog appeared.

Her energy collapsed.

Her confidence disappeared.

What she initially viewed as failure became an invitation.

Instead of pushing harder, she learned to listen.

That shift became the beginning of her return to herself.

The book explores how many women discover that what feels like a breakdown is often the start of a profound transformation.

MEDIA TOPICS

Sonia is available to discuss:

- The Invisible Midlife Woman phenomenon
- Why high-achieving women are exhausted despite appearing successful
- Midlife, menopause and identity shifts
- The emotional load carried by women in their 50s
- Sleep, stress and burnout in professional women
- Functional health strategies for thriving in midlife
- Why women do not need fixing — they need a new strategy
- Making midlife your most powerful chapter

Contact

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