

SONIA JENKINS

Modern Midlife Elder

Clinician • Educator • Author

Helping highly capable midlife women come back to themselves.

Author of The Invisible Midlife Woman



What happens when the woman everyone relies on begins to disappear from her own life?

Sonia Jenkins is an author and former NHS Nurse Practitioner whose work explores the hidden cost of capability in midlife - what happens when women spend decades being dependable, useful and strong, while gradually losing sight of themselves.

Drawing on more than 45 years of clinical experience across primary care, chronic disease management, women's health, respiratory medicine, diabetes care and cancer services, Sonia brings a whole-woman perspective to the physical, emotional and identity shifts of midlife.

Her work challenges The Rulebook: the inherited and internalised expectations that tell women to keep going, put everyone else first, cope without complaint and treat their own needs as optional.

Through her book The Invisible Midlife Woman, speaking, education and private work, Sonia invites women to ask a deceptively simple question:

What do you want now?



IDEAS SONIA BRINGS TO THE CONVERSATION

Four territories. One whole woman.

THE RULEBOOK	Why highly capable women continue living by expectations they may never have consciously chosen.
YESTERDAY'S EXPECTATIONS. TODAY'S PHYSIOLOGY.	Why midlife symptoms deserve curiosity rather than being dismissed as weakness, ageing or simply 'just menopause'.
THE COST OF CAPABILITY	When being dependable becomes carrying everything - and why functioning is not the same as flourishing.
GENTLE DOES NOT MEAN SMALL	Why coming back to yourself does not mean abandoning ambition, responsibility or the people you love.

THE RULEBOOK, IN ONE CARD

THE WOMAN	"I should be able to manage."
SONIA	Why?

The invitation beneath all of Sonia's work: What do you want now?



CONVERSATION STARTERS

Questions worth asking

- 01 What is The Rulebook - and how do women know they are living by it?
- 02 Why can a woman be enormously capable and still feel as though she is disappearing?
- 03 What is the hidden cost of always being the one who copes?
- 04 Why do you say menopause matters - but should not automatically become the explanation for everything?
- 05 What do you mean by 'Yesterday's expectations. Today's physiology.'?
- 06 Why is coming back to yourself different from reinventing yourself?
- 07 After 45 years in healthcare, what have you learned about one-size-fits-all advice?
- 08 Why do you ask women 'What do you want now?' - and why can that be such a difficult question to answer?
- 09 What does 'Gentle does not mean small' mean in practice?
- 10 Which Rulebook rule do you personally refuse to live by?

FROM THE BOOK

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

"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."



BOOK SONIA

Speaking & media topics

THE INVISIBLE MIDLIFE WOMAN

What happens when the woman everyone relies on disappears from herself?

THE RULEBOOK

The invisible expectations highly capable women are still living by.

YESTERDAY'S EXPECTATIONS. TODAY'S PHYSIOLOGY.

Why the rules that worked earlier in life may no longer fit the woman - or body - you are now.

IS IT MENOPAUSE - OR SOMETHING ELSE?

Why midlife symptoms deserve curiosity, not assumption.

AVAILABLE FOR

Podcast interviews • Media commentary • Keynotes • Panels • Workshops • Women's leadership and wellbeing events

CREDENTIALS AT A GLANCE

Former NHS Nurse Practitioner • More than 45 years in healthcare • Women's health • Chronic disease management • Functional medicine health coaching • Behaviour change • Emotional wellbeing • Author of The Invisible Midlife Woman • Health Coach of the Year - Wales Prestige Awards

MEDIA / SPEAKING CONTACT

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You were there all along.

