

A photograph of two women standing against a white brick wall. The woman on the left is wearing a tan turtleneck sweater and a floral skirt. The woman on the right is wearing a dark green long-sleeved dress. They are both smiling and hugging. The image is framed by a thin red border.

Wise Women
RETREATS

WOMEN'S WELLNESS IN
MENOPAUSE & BEYOND

MEDIA KIT

www.wisewomenretreats.com.au

Who are the "Wise Women"?

OUR WELLNESS BRAND

Wise Women Retreats is a Victorian-based women's wellbeing brand created to support women aged 40+ navigating midlife transitions including menopause, stress, burnout, identity shifts and reinvention.

Founded by Claire Taylor and Lyn Miller, Wise Women Retreats was born from a simple yet powerful belief:

Midlife is not a crisis - it is a recalibration.

Our brand exists to create spaces where women feel deeply seen, supported, understood and empowered during one of life's most misunderstood phases.

Wise Women Retreats blends lived experiences and evidence-informed wellbeing practices with warmth, humour, compassion and community connection to empower women, rethink mid-life and reframe the narrative around menopause.



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What We Do

MENOPAUSE DONE DIFFERENTLY

Wise Women Retreats emerged from the lived experience of both co-founders.

Like many women, they recognised that midlife – particularly menopause – is often accompanied by confusion, isolation and a sense of invisible struggle.

Rather than framing menopause as a decline into midlife, Wise Women Retreats embraces it as a transition of power, clarity and self-discovery.

The brand honours both the biological realities **and** the deeper emotional and spiritual dimensions of this life stage, and explores these further at different levels, tailored to their varied clientele and the events, workshops and retreats that the brand offers.

We bring both the 'Woo' & the 'Woo Hoo' to everything that we do!



Client Testimonials

“What an amazing experience for my first Women's circle. Left feeling lighter, more hopeful and supported by so many wonderful (Wise) women.

Nicola Clifford

I would highly recommend this to anyone wanting to deepen their self-connection and be in the presence of incredible women.”

Samantha Corfield



Claire Taylor

CO-FOUNDER | WISE WOMEN RETREATS

Claire is a passionate advocate for women's wellbeing, midlife transitions and menopause awareness, especially in the workplace.

With a professional background spanning hospitality, events, the corporate world and community engagement, Claire brings a deeply human, relatable and grounded perspective to conversations around menopause, identity shifts and modern life pressures.

Claire is committed to reshaping the narrative of midlife and helping women to understand that menopause is not a decline, but a recalibration of self, priorities and wellbeing. And how letting go of your 'old' life, can open you up to a future of incredible, unlimited and amazing possibilities.

*“When women realise they are not alone, that they are supported and connected to others.....**everything** changes.”*

Claire Taylor

Areas of Commentary:

- ✓ Menopause & wellbeing
- ✓ Women's mental health
- ✓ Midlife reinvention
- ✓ Women's empowerment
- ✓ Women in business
- ✓ Menopause in the workplace

Lyn Miller

CO-FOUNDER | WISE WOMEN RETREATS

Lyn specialises in women's emotional wellbeing, empowerment and holistic healing practices.

With expertise in movement, intuitive development and transformational facilitation, Lyn supports women navigating the emotional, energetic and psychological dimensions of midlife transitions.

Her skills lay in presenting a different perspective and alternate lens in which to view menopause and midlife.



Areas of Commentary:

- ✓ Emotional wellbeing
- ✓ Menopause identity shifts
- ✓ Stress & burnout
- ✓ Community & connection
- ✓ Mind-body connection
- ✓ Menopause & health

Lyn's work bridges modern wellbeing with ancient wisdom, helping women reconnect with intuition, inner confidence and personal clarity.

“Menopause has long been recognised across cultures as a rite of passage. We honour both the science and the deeper transformational dimension of this life stage.”

Lyn Miller



WHO WE WORK WITH

We partner with individuals, organisations, councils, workplaces, and aligned brands seeking menopause-informed, meaningful wellbeing experiences that support women through midlife transition, leadership growth, and personal reinvention.

WHAT YOU CAN EXPECT

Menopause-informed retreats, workshops, and events fostering resilience, clarity, confidence, and connection; blending evidence-based wellbeing with restorative and inspiring experiences designed for lasting personal and professional impact.



GET IN TOUCH

Co-Founders

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