

EXHIBITION DECK



pauseLive!

RETURNING FOR OUR 4TH YEAR!

Where **hormones**
meet **harmony...**

SATURDAY
10 OCT 2026

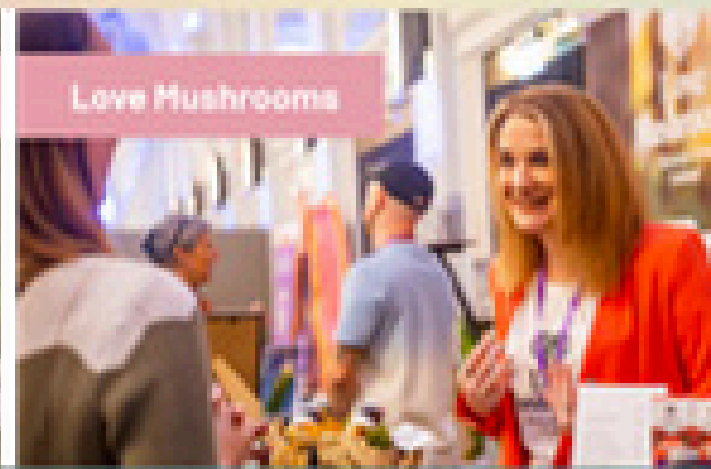
LONDON

Join us in 'Celebrating every chapter of women's health'





The Live Stage



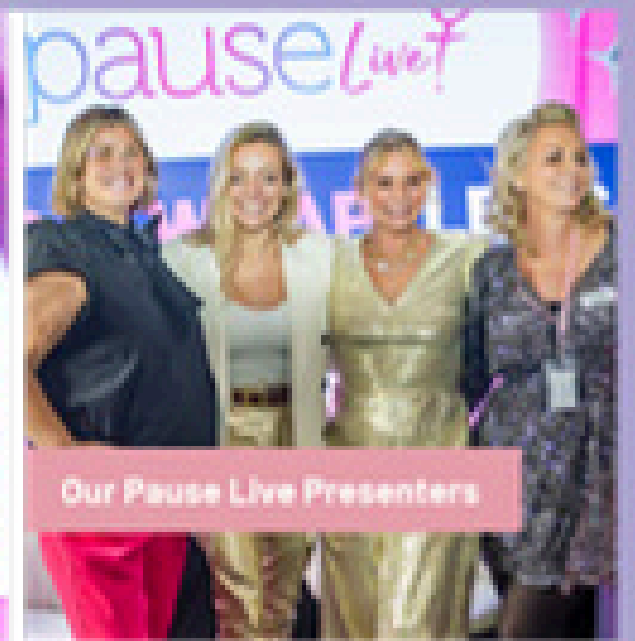
Love Mushrooms



Harva Williams - Shhh Menopause



Cherry Healey



Our Pause Live Presenters



Experience Hub

Be part of the change...



Miss Smita Sinha, Dr Priya Udani and Lisa Franklin



Lou Featherstone - LuInLuland



Dr Hilary Jones and Dr Shirin Lakhani



The Live Stage audience



Introducing 'PAUSE Live'

Navigating women's health can feel overwhelming. With fluctuating hormones, limited time with your GP, and a constant stream of conflicting information online, it's easy to feel lost or unheard. PAUSE Live was created to change that: offering clarity, confidence, and a supportive space during one of life's most transformative stages.

Our previous three events proved just how essential this is. Women want trusted guidance, community, and access to experts who understand the complexities of hormones and wellbeing. This year, guided by our new strapline "**where hormones meet harmony**," PAUSE Live continues to grow into a place where women feel informed, connected, and empowered.

PAUSE Live 2026 will guide visitors on a thoughtful journey from menstruation to menopause and beyond. Bringing together experts, educators and leading women's health brands, the event offers insights across gynaecology, lifestyle, functional medicine, and general health, providing practical tools and treatments for real symptoms and real concerns.

With over 70 exhibitors and a programme shaped by years of collective experience, PAUSE Live creates a uniquely supportive environment filled with knowledge, connection, and a little much-needed fun. It's a space where women, and the brands who champion them, can come together to be part of something meaningful and impactful.



Dr Itunu, Fiona Clark, Prof. Joyce Harper, Dr Sarah Jenkins and Dr Hazel Parkinson



Our mission is to connect companies with customers, matching their products and services with women's health needs, delivering suggestions and solutions to all your symptoms.

“

Seeing so many women eager to learn, share, and support one another was truly inspiring. The response to our stand and Dr Hilary Jones' insightful talk exceeded all expectations, and we're so proud to be part of this growing conversation around menopause and women's wellbeing."

M-Club, Exhibitor

The Power of...
pauseLive!



“

"Having never experienced this event before, it really opened my eyes to the support available. I wish it had been around five years ago so I didn't have to go through my peri-menopause journey so blindly."

*Buckso Dhillon-Woolley,
Lifecoach*

“

"There's nothing more powerful than a room full of women standing up for our health. Honoured to be part of the movement!"

Kate McLaren, Professional Boxer

“

It was great to be part of a male panel at PAUSE Live, highlighting what men can do to support menopause and raising awareness of men's midlife issues. It's so important to shine a light on these topics, so thank you PAUSE Live!"

James Davis, Coaching Psychologist

“

A really great event. I'll definitely be wanting to come again."

Charlotte Barrett, Attendee

“

"Wow, what a great day to promote women's health."

David Griffiths, Gynaecologist

“

PAUSE Live is such a powerful, energising event. It's amazing to be in a room full of like-minded people all supporting each other in the women's health space."

*Emma Neville, TV Presenter &
Menopause Coach*



A Fun & Educational Day Out

Every woman deserves honest information about her health, and support that helps her feel less alone. Growing older is something to embrace, not fear.

In 2025, PAUSE Live delivered exactly this:

92% felt empowered
71% discovered solutions they hadn't known before.

PAUSE Live understands menopause isn't one-size-fits-all. By giving women access to products, services and expert guidance they weren't previously aware of, many finally uncovered the information they needed to better support their unique symptoms.

Why Your Brand Belongs Here

With the success and growing momentum of our 2025 event, we invite women to find community and support at PAUSE Live 2026. Expect:

2,000+ guests
70 exhibitors
70 specialists and medical professionals
Experience Hub
Live and Educational Stage
Meet the celebrities and experts!

We are working to unite women in shared experiences, to find common ground, support, and break the silence surrounding the menopause and beyond and their often-debilitating symptoms.



convene

Our New Home for PAUSE Live 2026

PAUSE Live 2026 will take place at Convene Sancroft, St Paul's: a premium, modern venue in the heart of London.

Just moments from St Paul's Cathedral, this **open-plan, single-level space** offers exceptional visibility for exhibitors and effortless navigation for visitors, ensuring the entire event is **accessible, seamless, and easy to explore.**

Designed for high-profile events, Convene Sancroft combines contemporary design with advanced tech, integrated AV, and intelligent lighting. It creates an elevated environment where experts, brands, and attendees can connect, learn, and collaborate, an ideal setting for meaningful conversations and a day devoted to women's health.

A landmark venue for an event that champions women's health.





Target Audience

PAUSE Live has predominantly been designed for peri-menopausal and menopausal women, but in 2025, PAUSE Live evolved into a holistic women's health event.

Equipping women with the knowledge they need 'from menstruation to menopause' but still ensuring a specialist niche in menopause support.

Our goal is to equip all women with the tools to approach each phase of their journey, feeling better prepared, informed, and able to manage work, relationships and mental health.



“

It is our mission to make menopause advice and services affordable and accessible to all. General sale tickets are priced at £24.99.



Live Stage

Guests are invited to our dynamic Live Stage, which is the renowned heart of PAUSE Live. With a roster of rolling entertainment throughout the day, industry personalities will share their individual health journeys, whilst providing some much-needed positivity and reassurance.

Centrally placed within our open-plan space, this stage guarantees high visibility, strong footfall, and continuous audience engagement.

Some of our 2025 topics included...

- **The Journey: Periods, Menopause, and Everything In Between**
- **Mind Over Menopause: Thriving through life's transitions**
- **Love the Skin your in: Top Tricks & Expert Tips**
- **Health for Every Woman: Talking Ethnicity and Diversity**
- **Balancing your Balls - Work, Kids and Life!**
- **The Power of Nutrition: A Women's Health Conversation**





Educational Stage

Our team of experts specialise in the menopause and women's health field. Past speakers include: Dr Hilary Jones, Professor Joyce Harper, Dr Philippa Kaye, Dr Shirin Lakhani, Dr Masud Haq, celebrity hairstylist Andrew Barton and nutritionist Alison Blahd.

The Educational Stage will feature talks on symptoms from head to toe, so that women can tailor their PAUSE Live experience to suit their own unique journey.

Past discussions include:

- **Get Heard, Get Help: Tips for Talking to Your GP**
- **Sleep and the Brain: Unlocking Cognitive Potential**
- **Fact-Checking GLP-1's: And How To Keep The Weight Off**
- **Understanding Gut Health: The Power of the Microbiome**
- **Getting Clear on HRT: Benefits, Risks and Realities**

Sponsorship of this stage will position you as a leader in women's health education and innovation.



*Dr Shirin Lakhani
Know Your Normal: Understanding Vulval Health*



Experience Hub

A dedicated area where visitors can unwind, explore restorative sessions, and connect with holistic wellbeing... welcome to the Experience Hub.

Previous Experience Hub sessions included:

- **Strength in Action: Practical Training Techniques**
- **Write to Reflect: A Guided Journaling Session**
- **Rooted in Calm: Meditation with the Tree of Life**
- **Calm and Control: Breathwork for Menopause**
- **Core Truths: The Power of Your Pelvic Floor**

Sponsorship of these sessions will position you as a leader in leader in restorative, holistic wellbeing.





Workshops

Knowledge is power and we want our visitors to leave PAUSE Live feeling equipped and in power to take on womanhood. PAUSE Live offers workshops throughout the day, ensuring a more intimate environment and opportunity for Q&A.

Workshops at for PAUSE Live 2025 included:

- **Menopause and Cancer**
- **PMDD**
- **Endometriosis**
- **PCOS**
- **ADHD during Menopause**
- **Menopause and the Workplace**

Sponsorship of these sessions will place your brand as a top supporter of women navigating complex health conditions.





Marketing Plans

PAUSE Live is now entering its fourth year, and has firmly established itself as the leading event in women's health.

Last year, we secured national media coverage, increased our broadcast presence, showed up at women's health events, and amplified our message through loyal influencers and partners.

In 2026, we'll build on that momentum with a targeted, cohesive marketing strategy designed to reach our audience and yours.

Your brand will have maximum exposure through us.

Our Social Media Reach:

Through our social media platforms and the extended networks of our partner brands and events including Menopause in Practice, Future Patient, mBody Media and The Menopause Network, we connect with a combined audience of 30,000+.

Giving your brand direct access to a highly engaged community already invested in women's health and wellbeing.

Our Database Reach:

Our growing database of consumers and healthcare professionals subscribe to our newsletters and PAUSE Magazine, keeping them connected to the latest insights, events and developments in women's health.

This gives our partners access to a highly targeted audience of approximately 25,000 engaged subscribers.



The Value of Exhibiting at PAUSE Live

Exhibiting at PAUSE Live goes **beyond traditional ROI**. It's a powerful opportunity to elevate your brand, gain meaningful exposure, and connect directly with thousands of women seeking trusted solutions.

£200

**Average attendee spend at PAUSE Live:
demonstrating high engagement and strong
purchase intent.**

Unmatched Brand Visibility

- Stand out in front of a highly engaged audience of thousands.

Access to a Prime Target Market

- Reach women actively exploring products and services that support their wellbeing.

Real-Time Insights & Market Understanding

- Gather feedback, observe behaviours, and understand what women truly need.

Human Connection That Builds Trust

- Face-to-face interaction creates deeper awareness and lasting brand affinity.

Position Your Brand as a Champion of Women's Health

- Align with a movement that supports women of all ages, backgrounds, identities, and life experiences.



Amplifying the PAUSE Live Conversation

PAUSE Live extends far beyond the event itself. Through strategic partnerships, media exposure and ongoing storytelling, we continue to elevate the conversation around women's health.

- **Radio** – Tune in to our live radio shows with our official radio partner Delite Radio, interviews and our PAUSE THE MENOPAUSE podcast. At PAUSE Live HQ, we never suffer in silence!



- **PR** – We have strong relationships with the media publications that are going out of their way to make women's health matter. Previous PAUSE Live coverage includes; Channel 5, METRO, Women's Health, and Good Housekeeping, Hello, and Platinum.



- **Case Studies and testimonials** – there will be the opportunity to support a case study on their journey. We would present these stories to B2B and B2C publications.



- **Our loyal partnerships** – We cement relationships with healthcare providers, menopause friendly businesses and gyms across the UK.



- **Events** – We also regularly attend events and conferences to display the work and efficacy of PAUSE Live.



Exhibit with us:

Stand Packages:

Don't miss out – book your stand today and secure a prime position at the event – putting your brand directly in front of more than 1,500 targeted customers!

TABLETOP STAND:

- Table and 2 chairs
- Digital assets to promote your participation
- Brand Exposure across all social media platforms (inc. Instagram, Facebook etc.)
- Electricity: £49.99 + VAT

EXHIBITOR STAND:

- Table and 2 chairs
- Digital assets to promote your participation
- Special feature - social media announcement showcasing your brand
- Brand Exposure across all social media platforms (inc. Instagram, Facebook etc.)
- Marketing pack to maximize visibility
- Inclusion in our official PAUSE Live Magazine
- Electricity: £49.99 + VAT

PRICING:

Tabletop - £1,100+VAT

PRICING:

3x2 stand - £2,000 + VAT

2x2 stand - £1,700 + VAT





Boost Your Visibility with Our Add-On Options

We also offer add-ons to help you tailor your package to achieve your business goals:

Goody Bag Inclusion (Leaflets must be accompanied with samples or products) 800 units required - £200+VAT

Press Bag Inclusion (Samples/products only) 50 units required - £150+VAT

Dedicated Social Media Feature across all platforms (10k reach) - £200+VAT

Web Banner on PAUSE live Website (3 month residency) - £300+VAT

Email Campaign to our database of 30,000+ - £500+VAT

Inclusion in Pre and Post Event PAUSE Live Newsletter - £100+VAT





PAUSE Live 2026 Sponsorship Opportunities

PAUSE Live is the ideal platform for brands committed to championing women's health and connecting with an engaged, motivated audience. As a sponsor, you'll showcase your solutions, share your expertise, and align with an event women trust for guidance and inspiration.

Your involvement helps create a space where women can explore new options, feel supported, and access tools that truly enhance their wellbeing. It's a powerful way to position your brand with progress, connection, and meaningful impact.

- Your Key Opinion Leader speaker slot on PAUSE live expert panel
- 3x2 Prime Stand at the event
- 3rd Party Opt-In Data Post Event
- Your branding on AV screens during your segment
- Dedicated social media post showcasing your brand (10K reach)
- Live interview at the event
- Logo featured in the official PAUSE Live programme and on relevant marketing materials
- Digital assets to promote your participation
- Feature in PAUSE Live Newsletter Pre or Post Event (Brand Highlight)
- Press opportunities including B2B, B2C etc.

Sponsored Segments:

- HORMONES
- INTIMACY
- SUPPLEMENT
- NUTRITION
- SKIN
- COLLAGEN
- WEIGHT MANAGEMENT (SOLD)
- LIFESTYLE
- GUT HEALTH
- INTIMATE HEALTH
- TESTING
- SLEEP
- MENSTRUATION

Package Cost: £5,500+VAT

CALL 01702 870 190

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pauseLive!

BOOK YOUR STAND TODAY!

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