

STRONG FOUNDATIONS

WHAT EVERY PERSON SHOULD KNOW ABOUT PELVIC HEALTH

The pelvic floor is one of the most misunderstood parts of our health — yet it influences strength, confidence, continence, intimacy, breathing and how well we age.

We've quietly normalised leaking when we laugh or run. Painful sex. A sense that things just don't feel quite right. These aren't personal failures. They're signs of missing education.

Building Strong Foundations reframes pelvic health through a calm, evidence-informed, movement-based lens... without fear, shame, or gimmicks.

ABOUT THE TALK

This clear, accessible session explores how the pelvic floor actually functions as part of the whole body — not as an isolated muscle group to be “squeezed”.

Drawing on movement science, neurobiology and real-world application, Sophie offers practical insight that empowers people to understand, trust and support their bodies long-term.

No jargon. No awkwardness. No one-size-fits-all advice.

WHAT PARTICIPANTS LEARN

- What the pelvic floor is — and what it isn't
- Why “just do Kegels” often misses the point
- How posture, breathing, stress and movement affect pelvic health
- Simple, intelligent habits that support strength, function and confidence
- How pelvic health connects to spine health, nervous system regulation and ageing well

FORMAT

- 45–60 minute talk (with optional Q&A)
- Suitable for women's health events, workplaces, education and community settings
- Delivered in a calm, inclusive, shame-free way

Participants leave informed, reassured and better equipped — without overwhelm.

WHO IT'S FOR

- Women in any season of life
- Organisations seeking preventative health education
- Teams wanting practical, embodied wellbeing support
- Anyone who wants to understand their body better — not fix it later

Delivered by Sophie Plato
Health Speaker & Movement Educator
Proactive Healthcare for the Real World

SUPPORT • STRENGTH • CONFIDENCE
SOPHIE PLATO

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