



**SOPHIE PLATO**  
Mind Body RESeT®

## STRONG FOUNDATIONS

WHAT EVERY PERSON SHOULD KNOW ABOUT PELVIC HEALTH

The pelvic floor is one of the most misunderstood parts of the human body - yet it plays a central role in strength, continence, confidence, intimacy, posture and how well we age.

Many people live with symptoms they assume are normal; leaking when they laugh or run, persistent tension, discomfort, pain, or a sense that things don't feel quite right.

This talk exists to change that - calmly, clearly, and without stigma.

Building Strong Foundations offers essential pelvic health education that most of us were never given, helping people understand their bodies before problems escalate.

### ABOUT THE TALK

This clear, accessible session explores pelvic health as part of the whole body - not an isolated set of muscles to be squeezed or ignored.

Drawing on movement science, breath mechanics and nervous system literacy, Sophie explains how posture, stress, load and daily habits influence pelvic function across the lifespan.

The focus is on understanding, not fixing and on education, not fear.

### WHAT PARTICIPANTS LEARN

What the pelvic floor actually is - and how it works with the spine and breath

- Why “just do Kegels” often isn't the answer
- How stress and holding patterns affect pelvic health
- Everyday habits that support strength, coordination and confidence
- How pelvic health influences movement, comfort and ageing well

Participants leave informed, reassured, and better equipped to support their bodies with clarity rather than confusion.

### FORMAT

- 30-minute talk
- Option to extend with movement integration and Q&A
- Suitable for workplaces, education settings, community events and conferences
- Delivered in a calm, inclusive and shame free way

### WHO IT'S FOR

- Women in any season of life
- Individuals experiencing pelvic symptoms or uncertainty
- Organisations seeking preventative, practical health education
- Anyone wanting a clearer understanding of their body and long-term wellbeing

Pelvic health isn't a niche topic - it's a foundation for life.  
Understanding it early supports strength, confidence and healthy ageing.

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

SUPPORT · STRENGTH · CONFIDENCE  
[www.sophieplatoreset.com](http://www.sophieplatoreset.com)