

EP 033 Female Health, the Last Professional Taboo with Alissia Quaintance https://en.cyclepositivity.com/

(Un) Professionalism

Unprofessionalism is naming what the body is doing at work and treating the cycle, the pain and the phase as information about capacity.

Unprofessional Advice

Bring women's health into a work conversation. Start softly, on an awareness day, with a lunch talk.

"When we talk about women's health, the main driver is still shame."

Wisdom Nugget

Shame keeps whole parts of our working lives unspoken. We have learnt to bring mental health and identity into the office, and the body still waits outside the door. What we cannot name we keep managing alone, month after month, and we call the managing professionalism.

"Men are much more hormonally unpredictable than women."

Wisdom Nugget

When we hide what our body is doing, the people around us still notice something. They fill the gap with a story of their own, and it is rarely a generous one. Naming it hands them something accurate to hold, and compassion tends to arrive with the information.

Wisdom Nugget

Elite athletes plan their deload weeks and nobody calls it laziness. We plan our working lives as though output should be flat every day of every month. The dips arrive anyway, carrying information about capacity we could be scheduling around instead of apologising for.

Try It Out

As a meeting check-in, ask everyone to name one thing their body is doing today. Pain, exhaustion, a restless night.


UNPROFESSIONALISM