



TAMING THE MONSTER

A Corporate Approach to Supporting Employees Facing Unplanned Pregnancy & Postnatal Depression

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The Mindset Whisperer

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Postnatal depression (PND) is more common than many realize, yet it **remains a silent struggle** for countless employees.

Women facing PND often experience **feelings of shame and isolation**, preventing them from seeking help. This means that **companies, families and support** systems must be proactive in providing solutions.

For **HR professionals**, addressing these challenges is crucial to fostering a **supportive workplace**.

ABOUT KIM VERMAAK

Kim Vermaak known as the Mindset Whisperer is a speaker, author, book coach and marketing professional with over 20 years of experience. As a mother of three, Kim experienced **postnatal depression** with each of her children, navigating its challenges both as a single parent and within marriage.

Her darkest days were marked by overwhelming isolation, but through resilience and self-discovery, she emerged stronger. In her darkest days, she had thoughts of harming herself and her baby. Now, she shares insights to help **organizations create supportive workplaces** where **employees feel supported rather than shamed**.

Kim's expertise in storytelling, leadership, and communication enables her to deliver engaging, thought-provoking sessions that empower HR professionals to implement meaningful change.

"Equip your HR team to support employees through life's challenges."



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