

Short and Spicy: Menopause rocking the International Speaker Slam in Wiesbaden

Menopause has had a negative reputation for far too long. It is about time it gets a fresh, modern makeover!

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/EINPresswire.com/ -- Short and to the point: Empowering through [Menopause](#)

On January 16, 2025, the 4th International Speaker Slam took place in Wiesbaden, with over 100 participants from 24 countries, who captivated the expert audience on two stages in 4-minute speeches. The event, founded by Hermann Scherer, which had previously been held in New York City, Frankfurt, and Munich, returned to Wiesbaden with a variety of topics and charismatic speakers.

Much like a Poetry Slam, where participants compete in rhyming and rapping, the Speaker Slam features speakers from around the world presenting their expertise in a short time to a jury made up of media professionals, journalists, book publishers, and expert agencies.

Evi Hellweger from Vienna managed to captivate the audience with her humorous talk about menopause, skillfully addressing the still somewhat taboo subject in an informative and persuasive way, not only for interested



Menopause on stage at the 4th International Speaker Slam



The Excellence Award for the topic Menopause

women but also for men. Even business representatives were impressed by the topic, as more than 20% of women in menopause, facing various symptoms, consider reducing their working hours or retiring early. This presents a dilemma for companies that are heavily dependent on experienced and valuable female employees.

To applause, Evi Hellweger was called to the stage for the award ceremony, where she was presented with the Excellence Award and booked for another event in New York City. She

was overjoyed by the overwhelming response, as this particular life phase of women has had a negative reputation for far too long. With the loss of fertility, it was often equated with a decline in health, attractiveness, and success. It was high time, she said, to give menopause a modern, fitting makeover!

“

We can't start early enough to lay the foundation for healthy aging. Let's remove the word 'anti-aging' from our vocab and replace it with 'happy aging, healthy & fit aging, successful & sexy aging'."

Evi Hellweger



On stage at the 4th International Speaker Slam in Germany

Evi Hellweger
heller Weg
kontakt@hellerweg.com
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