



INWARD. INDEPENDENT. IMPACT.

BeyondBold 2026

A One-Day Women's Health & Empowerment Event

A Health-Focussed Community that Educates, Empowers & Elevates.

 Tampa Bay, Florida  April 26th, 2026  8.15 AM – 4.30 PM

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1.0 BeyondBold Executive Summary

Empowering the 1.1 Billion: Redefining Mid-Life Health & Leadership

The Opportunity Today: The world is facing a silent health and productivity epidemic. **Globally, 1.1 billion women are estimated to be menopausal or perimenopausal, with only 24% report feeling well informed about menopause.** Despite these numbers, support systems remain fragmented. After a highly successful launch last year, BeyondBold is coming back to Tampa Bay in April 2026, creating an ecosystem where women don't just "get through" mid-life—they thrive.

Our Vision: BeyondBold is more than an event; it is a movement anchored in three core transformations for women:

- **Inward (Self-Awareness):** Reframing stress and menopause-related shifts into a source of self-belief and renewed energy.
- **Independence (Self-Leadership):** Cultivating the resilience and self-reliance needed to remain relevant and present in an evolving workforce.
- **Impact (Community Building):** Empowering women to leverage their experience as leaders and community builders beyond their homes and workplaces.

The 2026 Programming: We provide a hybrid support system that meets women where they are, offering:

- **Accessible Virtual Forums:** Year-round, expert-led sessions focusing on mental health, hormone health, and stress management.
- **Flagship In-Person Events:** Two full-day immersive experiences featuring keynote speakers, expert panels, mindfulness sessions, and high-level networking.
- **Economic Impact:** Our events prioritize small, female-run, health-focused businesses and donate a portion of ticket sales to local food banks and health charities.

Why Partner with BeyondBold? Aligning with BeyondBold isn't just a branding exercise—it's a commitment to the most influential demographic in the US economy. As a sponsor, you will:

1. **Gain Direct Access:** Connect with a high-intent audience of professionals, entrepreneurs, and decision-makers.
2. **Enhance Corporate Wellness:** Provide world-class health education and leadership opportunities for the women within your own organization.

3. Drive Social Change: Support the inauguration of a vital resource while contributing to local community health initiatives.

Join us in leading the conversation. **We invite you to review our four curated sponsorship tiers on page 12.** Let's build a partnership that is as impactful as it is enriching.

Contacts:

- Dr. Payal Patel (813) 758-1749
- Vaishali Mehta (609) 289-1614
- Jamuna Vyas (320) 310 - 2738
- Vaishali Joshi (416) 561- 4828



2.0 BeyondBold - Our WHY?

Some 2025 stats that are relevant to our mission:

- Globally, 1.1 billion women are estimated to be menopausal or perimenopausal
- 54 million of them are American; 24% of those are currently in our workforce.
- Only 24% report feeling well informed about menopause
- 80% report having at least 1 symptom only – 70% note mental health decline being their #1 symptom
- 45% report having work-related challenges due to menopause
- 51% report having no support/accommodation or dialogue about their challenges in the workforce
- 70% of women in North America blame menopause for their marital breakdown

(Sources: The Carrot Olly 2025 Menopause Report [The menopause report: 2025 trends and statistics](#) & [Family Law Menopause Project and Newsom Health Research and Education](#))

2.2 Mission

BeyondBold aims to help women in mid-life get clarity about their health and set them up to be successful at designing and executing their bold visions with intention - not simply due to necessity. The mission is to address the escalating stress and burnout epidemics that are colliding directly with and exasperating mid-life women's health challenges in areas such as menopause, infertility and mental health.

The longer term vision is to partner with other women's empowerment organizations globally to create an eco-system of events, forums, communities and systems that offer support and education that is relevant for women to thrive as professionals, entrepreneurs, partners, parents, care-givers and community builders. This is not a one-day event, this is a continuous, year-round movement with various in-person and online offerings. All activities encompassed within this broader vision are anchored in three key pillars:

- **Inward:** Promoting self introspection and awareness so women can reframe stress and energy and draw greater confidence from self-belief
- **Independence:** Promoting the importance of self-responsibility, self leadership and self-reliance to remain present and relevant to the challenges of today
- **Impact:** Promoting the possibilities of creating a positive impact as community builders beyond women's homes and workplaces

2.3 Audience Profile

- 50 - 80 women aged 35-55 years of age
 - A. These women can become mentors and champions of change for younger women
 - B. Younger women aged 18-30 as mentees who want to educate themselves more about their health and who are sponsored by our mentors
- Working professionals, entrepreneurs, parents and home-makers
- May be struggling with stress, anxiety, and burnout that is negatively affecting their health, quality of life and that of their loved ones. This may be exasperated by the 100+ symptoms of perimenopause or menopause.
- Looking for ways to better or fortify their mental, physical & emotional well-being, their earning potential and their community footprint
- Strong wellness and personal development lifestyle focus

3.0 BeyondBold 2025 Overview

3.1 Description

Last year, the first US-based BeyondBold event was held in St. Petersburg, Florida. Fifty women from all walks of life convened for an experiential, full day of health and wellbeing focussed talks, workshops and connections. It was attended by working professionals, entrepreneurs and family leaders. We were grateful to bring 4 TEDx speakers to our stage.

3.2 Our 2025 Speakers

- Amber Uhler - Mrs. Universe 2025, TedX Speaker
 - Theme: Shedding Our Limits
 - <https://www.instagram.com/mrsuniverseamber/>
- Lakshmi Seshadri - CEO of Mompower360
 - Theme: Personal Identity, Generational Pathways, and Overcoming Mental Overload
 - <https://www.indianspeakerbureau.com/speaker-profile/lakshmi-seshadri>
- Macy and Minesh Baxi - TedX Speakers, Podcasts Hosts of Getting Speakers Booked
 - Theme: Families That Shape Futures
 - <https://www.linkedin.com/in/macy-baxi-a953b9211/>
 - <https://www.linkedin.com/in/stophiringlosers/>
- Dr. Millie Lytle - Naturopathic Doctor, Author and Speaker
 - Theme: Women's Health Panel
 - <https://www.linkedin.com/in/millielytle/>
- Dr. Lauren Moorhead - MD, Gynecologist
 - Theme: Women's Health Panel
 - <https://www.magnoliagynecology.com/doctors/lauren-moorhead>
- Brandi Ross - Fitness Coach
 - Theme: Women's Health Panel
 - https://www.instagram.com/brandi_rae_ross/?hl=en



4.0 BeyondBold 2026 Overview

4.1 BeyondBold In-Person Benefits

This year, BeyondBold will be holding its second annual event in St. Petersburg, Florida on Sunday, April 26th, and its first Canadian event in September. This is a full-day immersive and experiential event focussed on mental and emotional well-being, energy management and mindset training. It will consist of inspiring keynote speakers, a women's health panel, mindfulness and movement sessions, self development workshops and health based discussions and culinary experiences.

Our 2026 Event Speakers:

Tampa 2026:

- Cathy Heighter - TedX Speaker, keynote speaker for BeyondBold Tampa 2026
 - LinkedIn: <https://www.linkedin.com/in/cathy-heighter-765456144/>
- Jesse Robertson - Influencer, Husbands4Menopause
 - Instagram: <https://www.instagram.com/husbands4menopause/>
- Vaishali Joshi - Workplace Wellness Strategist, CEO of oraHumanSM and BeyondBold
 - <https://www.linkedin.com/in/shinewithvaishali/>
- Namrata Singh - Founder, Athena's Circle
 - LinkedIn: <https://www.linkedin.com/in/namratasinghabrol/>

Toronto 2026: To be confirmed

4.2 BeyondBold Virtual Benefits

Besides our two in-person events, we also offer accessible, virtual sessions for our members as well. We offer 12 monthly in-depth, interactive, and engaging expert-led sessions tackling a variety of relevant topics including women's mental and physical health, financial wellbeing, and lifestyle inspiration.

BeyondBold Virtual Series Speakers:

- Caite Corripio - Board Certified Health and Wellness Coach
 - Theme: Health Gain vs. Weight Loss: A Mindset Shift
 - <https://www.linkedin.com/in/caitecorripio/>
- Dr. Irene N. Wahba - MD, Obstetrician and Gynecologist
 - Theme: HRT Unlocked: From Mystery to Mastery.
 - <https://thewomansgrouptampa.com/blog/provider-spotlight-irene-wahba-md/>
- Dr. Debra Erikson - MD, Anesthesiologist, Bioidentical Hormone Specialist

- Theme: Decoding Bioidentical HRT
- <https://www.linkedin.com/in/debra-eriksen-d-o-61099612/>
- Dr. Mary Marano - MD, Psychotherapist
 - Theme: Fog, Focus, and Family
 - <https://www.linkedin.com/in/marymarano/>
- Dr. Millie Lytle - ND, Naturopathic Doctor, Author and Speaker
 - Theme: Food and Hormones
 - <https://www.linkedin.com/in/millielytle/>
- Vaishali Joshi - Workplace Wellness Consultant, CEO of oraHuman (SM) and BeyondBold
 - Theme: Mental Agility in Midlife Changes
 - <https://www.linkedin.com/in/shinewithvaishali/>
- Mark Tager - MD, Author and Speaker
 - Theme: The Old Ways of Your Vagus Nerves
 - <https://www.linkedin.com/in/marktager/>
- Sara Gilbert - Training Consultant, Business Strategist & Author, The Language Effect
 - Theme: Wisdom Words in Midlife
 - <http://linkedin.com/in/saragilbert>
- Annie Izmirliyan - Financial Planner
 - Theme: Minding Money Through Midlife Changes
 - <https://www.linkedin.com/in/annieizmirliyan/>
- Kimberly Baxi - Financial Advisor and Speaker
 - Theme: Financial Wellbeing
 - <https://www.linkedin.com/in/kimberly-baxi-a8605b4/>

Virtual Series Episode 3
Thursday March 5, 7:00 PM EST

HRT Unlocked: From Mystery to Mastery
Demystifying the science, debunking the myths, and reclaiming your body's rhythm.

Dr. Irene N. Wahba
MD, Obstetrician and Gynaecologist.

Vaishali Joshi
Founder oraHuman & BeyondBold.

5.0 About The Founders

The BeyondBold concept has been curated by Vaishali Joshi , Founder & CEO of [oraHumanSM](#) - a Canadian-based organization helping people develop human skills that help them conquer stress and stay relevant in our fast-changing economy. For BeyondBold's inaugural event held in November 2025, Vaishali partnered with Dr. Payal Patel, a Tampa-based pediatrician (Sunshine Pediatrics), community builder and Founder of [BollySoulfit](#) (a US-based non-profit).

- Vaishali's LinkedIn: <https://www.linkedin.com/in/shinewithvaishali/>
- Dr. Patel's LinkedIn: <https://www.linkedin.com/in/payal-patel-74805b37a/>



[Vaishali Joshi](#)



[Dr. Payal Patel](#)

6.0 Sponsorship Tiers

	A. Presenting Partner	B. Gold Sponsor	C. Silver Sponsor	D. Under \$1,500
What You Give	<ul style="list-style-type: none"> US \$5,000 in sponsorship money 	<ul style="list-style-type: none"> US \$2,500 in sponsorship money 	<ul style="list-style-type: none"> US \$1,500 in sponsorship money 	<ul style="list-style-type: none"> Your preferred amount below \$1500
What You Get	<p>Pre-Event:</p> <ul style="list-style-type: none"> 3 Guest tickets for women in your organization/partner organization OR the ability to sponsor 3 local Tampa Bay women that are small business owners focussed on women's wellbeing. Pre-event social media mentions - 4 posts Mentions on both the BeyondBold landing page and via email information <p>Event Day:</p> <ul style="list-style-type: none"> Logo on on-screen visuals and handouts 8-10 minute stage time to present your organization as a sponsor (optional) <p>Post-Event</p> <ul style="list-style-type: none"> Post event social media mentions - 1 post 	<p>Pre-Event:</p> <ul style="list-style-type: none"> 2 Guest tickets for women in your organization/partner organization OR the ability to sponsor 2 local Tampa Bay women who are small business owners Pre-event social media mentions - 2 posts Mentions on both the BeyondBold landing page and via email information <p>Event Day:</p> <ul style="list-style-type: none"> Logo on on-screen visuals, and handouts <p>Post-Event:</p> <ul style="list-style-type: none"> Post event social media mentions - 1 post 	<p>Pre-Event:</p> <ul style="list-style-type: none"> 1 Guest ticket for women in your organization/partner organization OR the ability to sponsor 1 local Tampa Bay woman who is a small business owner <p>Event Day:</p> <ul style="list-style-type: none"> Logo on on-screen visuals <p>Post-Event:</p> <ul style="list-style-type: none"> Post event social media mentions - 1 post 	<p>Event Day:</p> <ul style="list-style-type: none"> Logo on on-screen visuals

7.0 Why Partner

- Support and join a long-term, growing, purpose-driven movement elevating women's wellbeing and leadership in their workplaces, families and communities. BeyondBold events will be held in multiple cities in the US and Canada as of 2026.
- Support the women in your organization by gifting them a BeyondBold membership as a great health-focussed educational avenue.
- Align your brand to support grass-roots efforts to enable women to live with the "4Cs" credibility, clarity, calmness, and consciousness.
- Support local and national charities focussed on supporting families and women entrepreneurs wherever we host our events.

7.1 Give & Grow

Last year, each ticket sold at BeyondBold 2025 had supported Feeding Tampa Bay and a young woman-led charity empowering local families. This year, we will once again support a local foodbank and one female-run health-focussed charity based in Tampa Bay. The organizations will be finalized by March 2026.

7.2 The Impact of Our Partnership

- Multi-platform reach across LinkedIn, Instagram, & Facebook.
- The creation of a long-term ecosystem of advocacy and support. Give back to the women in your organization and/or partner organizations in support of fortifying their health and wellness.
- Feature in oraHuman and BeyondBold website and socials.
- Local media and post-event highlight reel.
- We give back to our community. A portion of all ticket sales will be donated to a local food bank and a young female start-up that supports the well-being of women.

8.0 Proof of Concept

8.1 BeyondBold 2025 Testimonials:

<https://www.youtube.com/playlist?list=PLVXpPV4Y0-6cuS6VUfHnKQJS1JtAStxyh>

- *“BeyondBold was utterly life-changing. I didn’t come in with very high expectations, but this event blew my mind. The food was amazing, the location was perfect, you feel like you’re now part of a community and are now connected to all these amazing women. I would love to come back every year for the rest of my life.”*
- *“This event was spectacular. I really enjoyed all the keynote speakers, the morning yoga session, and the tai-chi session was amazing. It gave me a chance to settle down into myself, which is something I don’t take enough time to do. I hope we do this again!”*
- *“To have this much variety in speakers from all different aspects of life was incredible.”*

BeyondBold 2025 Recap: <https://youtu.be/u1WKqmvKTfU>

Thank You!