



Hot Chicks Wellness Workshop (Collective)

Women over 40 are hungry for spaces that aren't patronising, medicalised, or whispery. They want depth. They want laughter. They want honesty. And they want someone who can hold both emotional complexity and sexual agency without flinching. That's literally your sweet spot.

The Hot Chicks Collective is a curated workshop experience designed for women over 40 who are navigating change — physically, emotionally, relationally, and sexually.

This is not a “menopause talk.”

It's not a self-help lecture.

And it's definitely not a polite cup-of-tea support group.

It is a bold, intelligent, embodied space where women can:

- Reclaim confidence in their changing bodies
- Understand the emotional shifts of midlife
- Explore sexual expression without shame
- Navigate desire discrepancies and relationship evolution
- Reconnect with creativity, sensuality, and identity
- Build meaningful connection with other women

This is Andi's Clubhouse — grown-up edition.

Who It's For

Women over 40 who:

- Feel like their body has changed and no one gave them a manual
- Want to feel confident, sexy, and self-assured again
- Are navigating relationship shifts or sexual disconnect
- Are curious about new ways of expressing themselves
- Want depth, humour, and real talk — not clichés

What Makes This Different

This workshop is facilitated by **Andi Bengis**, Occupational Therapist, Sex Therapist, and Presenter.

With clinical grounding and creative flair, Andi brings:

- Evidence-informed understanding of midlife transitions
- Practical tools (not just theory)
- Emotional safety with psychological sophistication
- Playfulness and provocation in equal measure
- A non-judgemental, inclusive approach to sexuality

This is structured. It is therapeutic. It is intelligent.
And it is allowed to be fun.