



# SPOTLIGHT ON REAL LIFE STORIES

Work | Life  
CENTRAL

Real life Stories are a unique blend of lived experience and expertise; we are delighted to share a selection of these with you below.

13 mins



**JOELI BREARLEY**  
on The Motherhood Penalty

13 mins



**BODÉ ABODERIN**  
on Fatherhood

10 mins



**SARA EKER**  
on Menopause

10 mins



**NICKY COLLINS**  
on Adult Autism

9 mins



**NICK ELSTON**  
on OCD and GAD

14 mins



**HARRIET WALEY-COHEN**  
on Solo Parenting



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13 mins



**ADDY WILLIS**  
TW// on Living with Cancer

18 mins



**ANDREW PAIN**  
TW// on Domestic Abuse

20 mins



**MAX SIEGEL**  
on Being a Trans Man

12 mins



**STEVE PHILIP**  
TW// on Male Suicide

6 mins



**CHARLIE BESWICK**  
on Raising a Disabled Child

15 mins



**HAYLEY CHARLESWORTH**  
on Carers in the Workplace