

Winner// BECKY KEARNS – FERTILITY MATTERS

The winner of this year's Founders' Choice Award knows from experience what an impact fertility issues can have on mental health. Now she uses this experience to support others going through a similar journey

The winner of the Founders' Choice Award 2024 never thought she would get the chance to describe herself as a "mum". She now uses her experiences to educate employers and workplaces on how they can better support people on the journey to build their family.

So we are delighted to honour Becky Kearns this year with the Founders' Choice Award. Becky is a patient advocate and campaigner who, together with her team, strives to inform and educate workplaces, with wellbeing challenges at the core of what she does.

Becky is now a mum to three girls, thanks to egg donation. A diagnosis of Premature Ovarian Insufficiency led to a long fertility journey including many failed IVF cycles and miscarriages plus early menopause, before she and husband made the momentous decision to build a family using an egg donor. She remembers feeling very alone and confused, with no-one who truly understood to talk to about her many fears for the future. She wanted to change this for others.

She is now a patient advocate, fertility blogger and founder of online platforms DefiningMum and Paths To Parenthood. She began simply by sharing her story but it has now become so much more. She is on a mission to raise awareness of the challenges of infertility, as well as of donor conception as an alternative path to parenthood. Her platforms are designed to validate feelings, encourage sharing and offer support and information, while making important connections so people don't have to face fertility issues in isolation.

Within Fertility Matters At Work CiC Becky is using her experience to educate employers and workplaces on how they can better support people on the journey to build their family.

Becky has realised the huge impact that fertility can have on mental wellbeing. Together with her team she has not only started but also progressed conversations on this subject that were not happening a few years ago. It is for this reason that we are proud to present Becky with this special award. ■



Becky built online spaces where people can share

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