

# Yvonne

Hector-John X



The question “Do you have children?” once filled Yvonne with dread. For years she deflected it with a smile, masking the ache that followed her diagnosis of unexplained infertility. Moving through that grief reshaped her life. It led her to Gateway Women - community support for women living a life without children - and helped her reclaim her voice.

From that healing came her book; *Dreaming of a Life Unlived: Intimate Stories and Portraits of Women Without Children* - a work rooted in truth, tenderness, and the determination to make these often-silenced experiences visible.

Today, Yvonne is an author, activist, speaker, and facilitator whose work brings visibility to the often-unspoken realities of women who longed for motherhood, but whose paths unfolded differently. Recognised as a leading voice on the experiences of women of colour and infertility, she has shared her story on BBC Radio 4’s Woman’s Hour and in the BBC One documentary *Myleene: Miscarriage & Me*, helping to broaden the public conversation around loss, identity, and life beyond motherhood.

A graduate of the year-long Gateway Women (GW) Plan B Mentorship Programme, Yvonne is a trained facilitator of the GW Reignite Weekends and the Sacred Woman Retreat. She is also a psychodynamic therapist and an ambassador for World Childless Week. Her practice centers on creating inclusive, culturally grounded spaces for women to explore belonging and the deeper emotional landscapes shaped by the loss of motherhood. Yvonne leads workshops, retreats, and healing circles that transform silence into connection and grief into collective healing.

Through her writing, speaking, and her blog *Finding My Plan B*, Yvonne continues to honor women’s stories, amplify under-represented voices, and champion the courage it takes to live a meaningful life without children and to write new endings with resilience and grace.