



My goodness where do I start? Emotionally I've learnt so much. I've grown as a person, as a mother, a friend and a daughter. I have expert tools to help me go out and earn money from my new skills, met a wonderful bunch of new friends. I've realised things that were going wrong in my life, when I thought it was pretty good actually, but now I know how to make it even better!

**Jennie Lichfield** Fitness & Personal Development Coach



## she who dares wins

Imagine yourself in 10 months having achieved the goals that you have so far only dreamt of. What would that be worth to you?

**a unique programme  
for women who  
believe in beginnings  
not endings**

For more information and to reserve your place contact us on:

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## why attend?

**Age with Attitude is for those women who want permanent results from a personal development programme.**

**It challenges your perceptions**

**It shifts your limiting beliefs**

**It increases your self-esteem and confidence**

**It gives focus and purpose to your life**

**It revitalises both your mind and body**

**It puts back joy and passion in your life**

**It makes you relish the age you are**

**It realises your dreams**

**It guarantees that it is never too late to change!**

After years of prioritising husbands and families, many women want more out of their lives as they approach mid-life. The urge to find personal fulfilment is overwhelming. Far from being a signal to settle down, this looming landmark can represent an uncertain time, when the career, marriage, children no longer seem to hold the appeal they once did. If you are searching for some answers about your future and want to set a path that brings you personal success and satisfaction in any area of your life, this programme will empower you to do that.

## what is it all about?

This is a unique programme, the first of its kind. We have come up with a design that has all the ingredients for creating permanent success for our delegates. It is a 10 day programme spread across

four modules with coaching and support in between each event to help keep you on track to achieve your goals. It is a 10 month journey where you work with other like-minded women who will naturally support and inspire each other to create the changes that you want to make in your life. You will learn how to adopt the 8 Attitudes of the Successful Mid Life Woman who leads her life on purpose.

You will also join an on-line community of women who all want to 'Age with Attitude' which offers ongoing assistance long after the programme has finished. We are also planning an annual 'Age with Attitude' conference.

## who will be leading the Programme?

**Lindsey Agness is the best-selling author of 'Change Your Life with NLP'** and her new book for mid life women will be published in spring 2010. After leaving the corporate world, Lindsey set up her business 'The Change Corporation' to work with both organisations and individuals to achieve their true potential. As a certified trainer of Neuro Linguistic Programming, Lindsey has designed and delivered many transformational development programmes across the globe.

It was through experiencing the challenges of mid-life herself that she felt compelled to encourage a new movement of women wanting to challenge current cultural norms about growing older. The result is 'Age with Attitude' dedicated to mid-life women everywhere realising their true potential.

**It is for women who believe in beginnings not endings.**

## the events

### Wake Up (3 days)

The beginning of the journey that recharges your focus and puts direction back into your life. You will re-discover the joy of having purpose, the passion to take action and the commitment to succeed.

### Be You (2 days)

Explore who you really are and appreciate your inner strengths. Learn to trust yourself and have the self-belief to be totally authentic and true to yourself.

### Feel Great (2 days)

Learn how to be happy in your own skin and develop a sense of well-being and vitality. Discover how to tap into your inner resources to give you more choices about how you live your life and have the opportunity to do something that will change your perception about yourself forever!

### Live It (3 days)

Learn to live in the moment and embrace joy in every day. You will celebrate having made the changes you set out to achieve and knowing that you are living the life of your dreams.

## the journey

