

INTRODUCTION

Is This It?

S*till 25 Inside* is a book written for midlife women everywhere – women who believe in beginnings, not endings, and who want the next phase of their lives to be as good, or better, than anything they have experienced so far. In our image- and age-obsessed society it's high time that attention was paid to women in the middle phase of their lives. For the record, 'middle' can mean anything from late 30s through to late 50s, depending upon when things have happened to you. The important point is that if you feel as if you are in this new phase, then you probably are.

We are not the 'invisible generation' and we are far from 'done'. We want to be vibrant and alive, and embrace the changes that we are experiencing as opposed to mourning them. While the media might portray us as 'over the hill', reinforced by the regular sackings of older women from our television screens, this book shows that ageing is an 'Attitude' of mind. You can choose to feel good about yourself and enjoy life, or you can choose to withdraw into the shadows and worry about the ageing process. Which is it to be for you?

So, what is an Attitude? Our Attitudes are made up of what we believe about ourselves and what's important to us. Feeling good and enjoying life is a mindset that all of us can develop. You can make this choice at an emotional level (in terms of how you feel about yourself) and at a psychological level (in the way that you behave). Your chronological age is *only* a number. What really makes the difference is a positive state of mind – living a life that you're passionate about, and having fun. When you achieve these things a magical thing happens. You look and feel good, no matter what the year of your birth. The following chapters will show you how to achieve that for yourself.

For this book, I've developed the '8 Attitudes of the Successful Midlife Woman' to provide you with a practical approach and the necessary tools both to help you work out what you want from your life and to challenge any doubts you might have had about what is possible for you. These Attitudes will give you a new focus and purpose and help to increase the joy and passion in your life. A word of advice, though: before you make any radical changes in your life, such as spending a small fortune on cosmetic surgery, leaving your career or even ending a long-term relationship, read this book first and discover what you want to be, do and have. How do you do this? By adopting the 8 Attitudes of the Successful Midlife Woman. As you take this journey, notice how you automatically begin to change from the inside out, discovering a permanent and deliberate way of thinking and behaving, which delivers long-term results.

I will be your coach, guiding you on every step of your journey. You may be wondering how I can make these rather ambitious claims, and how I am qualified to act as your guide. So, here's a bit about me. During my 40s, I made four life-

changing decisions – to leave my marriage, abandon my well-paid corporate consultancy career, start my own business and embark on my first writing project. As a result, I've had to work hard to build a new life for myself and my family, and the last few years have called for some sacrifices. Giving up a large corporate salary means that I have lived on as little as I possibly could over the last four years in order to build my business and look after my family. I even downsized my house in order to make my income go further. I have worked long hours and made sure that any time spent with my children has been 'quality' time. I have also put the possibility of a new relationship to one side, while my energy and focus has gone into discovering my life's purpose. And, at times, I've struggled to maintain a healthy lifestyle with no one in the background to spur me on.

Yet, now I can pretty much do, be and have what I want in my life. Everything I have achieved I have done by living and breathing the 8 Attitudes of the Successful Midlife Woman. I developed the Attitudes while on my own personal midlife journey of change, and have discovered that they hold the key to what *really* enables women of our generation to make a success of their lives. I mean success in its widest sense – career, relationship, health and fitness, finances, moving on from an empty nest, making new friends, building confidence and self-esteem – whatever success means to you. I'm a trainer of Neuro Linguistic Programming (NLP; see page 265 for a full description of the science behind this discipline) and I've used NLP as the basis of the change technology in this book. NLP was founded on the basis of a question: 'What makes the difference between someone who is world-class at what they do and someone who is mediocre?', so it was a perfect starting point for this

book. I've used NLP as the foundation for the 8 Attitudes because I want to move us away from midlife mediocrity towards midlife excellence and success.

Midlife provides a moment of truth for all of us; it is a time when we question what we want to do with the rest of our lives and who we really are. It also provides an opportunity unlike no other, to step outside of the place I call the Grey Zone. The Grey Zone is that comfortable yet uncomfortable place where the majority of the population spend their lives preferring familiarity over fulfilment. The successful midlife woman realises that time speeds up as the years go by, so let's get on with the business of creating what you want in your life.

The good news is that as we approach midlife we've learned valuable lessons from our journey so far. Whatever choices we've made, whether they have been to be a wife, partner, mother, career woman, a carer for parents or to live alone, we have learned a great deal about what is really important to us. We can use those experiences now to assist us in creating our future. What is so thrilling about *now* is that you know in your heart that the next phase of your life has the potential to be more exciting than anything you have experienced so far. That's why you picked up this book! You're just not sure yet how to get started, and that is where I come in.

As you read this book, I want to invite you to suspend your beliefs and judgements about what is possible for you, so that together we can become explorers in a world where boundless energy, beauty, happiness, worthiness, creativity and fulfilment are common experiences in our everyday lives. People want to be around us, to share our universe because we have something wonderful to contribute. We are

admired and we enjoy our lives. This period of our lives is our best. It is our best because we have the opportunity to discover who we are and to share our knowledge and experiences with others. We have the opportunity to use more of our time for us and to explore all those things we have always wanted to do.

A recent study called ‘The Paradox of Declining Female Happiness’ has provoked a storm by suggesting that while men have become more satisfied with their lives since the early 70s, women have become more miserable. Our lives have undoubtedly become more complex and we simply have too much on our plates. I am absolutely not, however, suggesting a return to the kitchen. Living the 8 Attitudes of the Successful Midlife Woman brings more joy, purpose and balance into our own lives, and also helps us set a healthy example for our daughters. We begin to draw new boundaries for ourselves and use our time differently.

What you may be experiencing now is definitely *not* ‘it’. So, are you ready to have the time of your *midlife*?

Take a long, hard look at yourself

As a business consultant, I learned early on that it is important to be able to measure our success, or, in the context of this book, the level of satisfaction we feel about who we are. With that in mind, I want you to take a long, hard look at yourself. When they reach their 40s and 50s, many women ask themselves questions about what they have achieved so far (and what they haven’t), where they are going and what they would like to change. Marriage, partner and career often no longer hold the appeal that they once did. You look in the mirror and you wonder who is looking back at you.

Are you a mother who started your family at a young age and now find that your children have flown the nest and you have too much time on your hands? You may be feeling lost and empty. Or perhaps you are a mother who started a family at a much later age and now find that you are consumed by children at a time when your friends are having fun? You may be feeling frustrated with life. Maybe the things that have consumed you over the past 20 years, such as cooking, shopping, chauffeuring and entertaining, are no longer required? Or are you a woman who looks at your partner of many years, and realises just how miserable and lonely you are in a relationship that has become dull and routine? You may be feeling trapped in your life. Are you the career woman who has spent many years breaking through the glass ceiling only to find that corporate success holds none of the appeal that was once promised? You may be feeling you've sacrificed too much.

Or maybe you have dedicated your time to being a carer and now wonder where the years have gone? You may be feeling tired and alone. Do you notice yourself avoiding the mirrors in your house, and wondering where that Twiggy-like body went? You may be feeling disappointed with yourself. Or perhaps you just want to hold on to that amazing life that you already have and are anxious about the impact that growing older might have on it. Whatever your situation right now, be honest with yourself. The important thing to realise is that life begins to change from the moment we make a decision to do something different.

To find out exactly where you are now, take the quiz opposite. Your answers will also act as a benchmark for measuring your progress as you journey through this book.

● **EXERCISE I**

What's age got to do with it?

1. How much 'me time' do you take per week, on average?

- a. More than 5 hours per week
- b. Between 1 and 4 hours per week
- c. None

2. When was the last time you had exciting and passionate sex?

- a. This week
- b. In the last 6 months
- c. Can't remember!

3. Last time you looked at your partner did you:

- a. Feel blissfully in love
- b. Wonder what happened?
- c. Feel completely trapped

4. Would you consider cosmetic surgery?

- a. No, I don't need it
- b. Maybe
- c. Definitely, if I could afford it

5. When you look in the mirror do you:

- a. Feel happy with what you see
- b. Know there's some work to be done
- c. Ban all mirrors in the house!



6. How often do you exercise?

- a. More than once a week
- b. A couple of times a month
- c. Never

7. Do you have goals for the future that stretch you?

- a. Yes, I'm very focused
- b. I have a few
- c. I don't have any goals

8. Are you on track with your career?

- a. Absolutely
- b. Used to be
- c. I've given up and am coasting to retirement

9. Is your work aligned with your core talents?

- a. Yes, I love my work
- b. Not really, but it pays the bills
- c. No, my talents are totally wasted

10. Are you continually competing with younger women at work?

- a. Yes, and I win!
- b. Sometimes
- c. All the time

11. How do you feel most of the time?

- a. Energised and happy



- b. Could be better
- c. Pretty depressed

12. Do you believe that the best is yet to come?

- a. Of course
- b. Convince me
- c. You must be kidding ...

Now, add up the number of As, Bs and Cs, and find out what your choices suggest about you:

MOSTLY As: Congratulations! You are well on the way to breaking through to a new you, and I'll show you how your life can get even better.

MOSTLY Bs: Your life doesn't matter enough right now, does it? You are probably feeling pretty stuck and unfulfilled. It's time to work out what you really want to do with the rest of your life. I'll help you develop some ideas to do just that.

MOSTLY Cs: You've really bought into the media hype, haven't you? You believe it's too late to change. Be brave and dare to explore the possibilities of something different. I'll show you how.

Midlife women are achieving more

These days, there are certainly more midlife role models, and women of our age are achieving more. If 50 is the new 40 and 40 the new 30, then the opportunities open to us are far greater than those offered to our mothers and grandmothers. There is far more out there for women of our age if we choose to seek it out. Whether you love them or hate them, these are some of my favourite female icons who have helped move the image of older women forwards in the last few years. Dame Helen Mirren, born in July 1945, has won an academy award, four SAG (Screen Actors Guild) awards, four BAFTAs, three golden globes and four Emmy awards during her illustrious career. A few days away from her 63rd birthday she was caught by the paparazzi wearing a red bikini on holiday in Italy with enviable curves and a flat stomach. Twiggy, born in September 1949, has been the face of Marks & Spencer since 2005, a successful author herself, and still an icon of style and fashion in her late 50s and early 60s. J. K. Rowling, born in July 1965 and author of the Harry Potter books, progressed from living on welfare to multi-millionaire status within 5 years. In 2008, she was cited as the 12th richest woman in the UK by *The Times*. A truly inspiring story.

On the other side of the Atlantic, Michelle Obama, born in January 1964, was thrust onto the world stage at the time of her husband's election campaign. Her charisma and warmth even encouraged the Queen of England to make a public display of affection by slipping her arm around Michelle – the first time the monarch had ever been seen to make such a gesture to someone she had only just met. Condoleezza Rice, born in November 1954, was the

first African-American female Secretary of State with the George Bush administration. Madonna, who turned 50 in 2008, demonstrates how working out can keep your body in shape and give you the energy to achieve whatever you want. Between July and August 2009 she starred in 30 concerts on her Sticky & Sweet Tour. That's one concert every other night, which is both physically and mentally exhausting. And, Oprah Winfrey, talk-show host and author, born in January 1954, is ranked as the wealthiest African American of the 20th century and the greatest black philanthropist in American history.

All these women have something in common – they have passion and authenticity, and they inspire us to find another way through our midlife. I wonder which female icons are your personal favourites? Who inspires you to do something different? List them below along with the reason why you have chosen them.

● EXERCISE 2

My favourite female icons

List their names and the reason why you have selected them:

Name

Why chosen

.....



Name
Why chosen
.....
Name
Why chosen
.....

Celebrate your successes

If midlife female icons are achieving more in their lives, let's also remember what you have achieved so far in your own life, and the value of those experiences. Of course, you don't have to be an actress, supermodel, famous writer or entrepreneur to have led a successful life. We will all have done things we are proud of, and midlife is a time to be grateful for everything that we have achieved so far. In fact, the beautiful and glamorous Julianne Moore (48) recently said in *Vogue*: 'The great thing about middle age is that you at least reach the point where you can go "I like it here".'

This is an excellent moment to remind ourselves of our successes in life, and what we have to be grateful for. There are always lots of things to include, even if the list might seem a little sparse at first. That's because at a very young age we are often taught to focus on the things that we do 'wrong', or that don't go to plan. It's almost as if we wear a pair of sunglasses that filter out all of our positive experiences.

For now, though, let's explore your biggest achievements to date – those things that you are most proud of. These

might be anything from raising a family and running a home, to being successful at work, learning something new or getting fit. Think over all areas of your life. I know you'll be surprised at what you come up with.

If you cannot think of at least 10 things, then ask your family and friends. I'm sure they will come up with some more with you.

● EXERCISE 3

My greatest achievements so far ...

First of all, list below the things you have achieved in your life so far. Choose the ones that provoke the greatest feeling or emotion. Aim for a minimum of 10!

1.
2.
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4.
5.
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7.
8.
9.
10.



Next, I want you to transfer this list onto a large piece of paper and place it where you can see it every day. You may also want to transfer it onto a smaller piece of paper and carry it with you in your handbag, so that every day you can remind yourself of all the things you have achieved. As you look at the list, remind yourself that these are the things you can be grateful for in your life. This will begin to shift any negative feelings you have about yourself and help you begin to develop greater levels of self-confidence and self-esteem.

Finally, I want you to ask yourself what you have learned from each of these valuable experiences. For example, if you wrote down bringing up children, ask yourself what that has taught you. When I think of my own amazing children, I believe that I've learned to teach, give unconditional love, find happiness in the simple things in life, provide discipline, motivate and coach, be proud and have hope for the future. When I think about setting up my company, I believe I've learned to become an entrepreneur, to take risks, to be creative and to give others more choices about how they live their lives. I feel good as I reflect on my contributions so far. Now it's your turn.

1.
2.
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5.
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These experiences are what will give you the confidence you need to make your future everything you want it to be. Instead of the rest of the world believing we are invisible, now is the time for us to have the courage to empower ourselves and be noticed. Have you ever wondered why we experience menopause at midlife? My personal theory is that it's our time after childbearing years are over to be free to make the changes we want to make in our lives. It's your time to come on board, so take the opportunity right now to take that first step.

Midlife: The age of liberation

Our personal values alter as we grow older. Those things that seemed important to us in our 20s and 30s no longer hold the same appeal. We want to do more for ourselves and with our lives. Dr Pam Spurr, writing for the *Daily Mail* in March 2009, says that 50 is a 'dangerous age for women – and it's become so increasingly over the past years – because they now feel they want and need more from life than what they have.'

This might explain why the divorce rate is soaring for women of our age. Surprisingly enough, a new survey in the US shows that it's women who instigate the divorce proceedings in 65 per cent of cases.

There's something that happens to the way you think and feel when you turn 40 and I personally found that it's even stronger when you turn 50. I had my 50th birthday last year, and I was absolutely dreading it. In fact, I wasn't going to celebrate it in any way. Then one of my best girlfriends challenged me by asking who was I to prevent my friends and family from celebrating with me! That was a good reframe. So I decided to go ahead and have a party and it turned out to be a fabulous evening. Even more amazing was the shift I experienced in myself over the period around my birthday. It felt like a heavy load had been lifted from my shoulders. Not only because I had finally come out of the 'closet' about my age, but also because I realised that I just didn't give a stuff any more about pretending to be anyone other than who I really am. That felt incredibly liberating. It may have been the seismic hormonal shift I've been experiencing recently (brought on by the menopause), or it may just have been the fact that I'm finally learning to be myself. Hallelujah!

I was surprised and delighted recently when I read that Michelle Pfeiffer spoke of turning 50 in an almost identical way to me: 'Surprisingly it has left me feeling liberated in a strange kind of way. Sort of, the pressure's off. And it's actually quite wonderful. I wasn't expecting that.'

Your midlife is a time to step back and evaluate what truly makes you happy – and what doesn't. This is a time for you finally to experience the freedom to be who you want to be and achieve everything you set your mind to. Which-

ever aspects of your life you want to make a difference to, midlife is certainly a time for reflection and change.

● CASE HISTORY: SONIA

Living the dream

Sonia is in her late 40s and had been married for 25 years. She is a successful businesswoman, who would fit well in any executive team. Her husband had been one of her first lovers and they lived in suburbia with their teenage son, who is 13. An opportunity arose for Sonia to travel to Tunisia, and it was the first time she had holidayed alone. She wanted some quiet time to herself, so it took her completely by surprise when she met a handsome young Tunisian man. They had a brief holiday romance. She realised that she had felt truly alive for the first time in years, and when she returned home, it caused her to begin to question the state of her marriage. She began to notice things that hadn't bothered her before. Her husband was a few years older than her and had begun to act like her father as opposed to her lover. He was asleep in the armchair by 9pm each evening and moaned about everything. She couldn't remember the last time he had taken her out for a nice romantic meal or when they had spent quality time together. She worked hard over a period of two years to make changes in the relationship, including being very open with her husband about her feelings, going to Relate, and having other coaching. Her husband didn't



take her seriously at first. Sadly, despite her best efforts, the marriage failed and Sonia found herself living alone for the first time in many years.

Sonia decided to travel to Tunisia again. This time, it felt wildly exciting to be travelling as a single woman and doing something different. On her very first night she met a younger Tunisian man in the bar of her hotel and they chatted until the early hours. During the week they became inseparable, and though her friends looking on may have questioned whether this was a Shirley Valentine moment, Sonia and the handsome Tunisian became lovers. His dark skin and youthful body awakened something in her that had been dormant for many years. When she returned to the UK she felt liberated and beautiful for the first time in a very long time. Her friends noticed a sparkle in her eyes that had been missing, and also how she began to pay much more attention to her appearance. And, the story doesn't end there because Sonia has been back to Tunisia several times, proving that there is love after Shirley Valentine! She is deliriously happy and whatever happens in her new relationship she will never be the same again. In fact, she's now considering starting a new and simpler life in Tunisia when she retires.

Of course, this total shift of lifestyle does not happen to us all; yet, to a greater or lesser extent, we will experience our values changing during this period. Warn your family and friends now!

The age with attitude model

My inspiration for this book came from an exhibition that I went to recently, which focused on 50-year-old women. I booked a stand at the exhibition and I also signed up to give a talk about how to change your life at 50. My team was very excited about visiting a new exhibition to learn more about this age group. What I found was not what I had expected. I was astonished to see that on the exhibition promotion website were adverts, not from companies promoting vitality, self-esteem and confidence, but for cancer relief (as it's inevitable we'll be one of the millions catching this disease, won't we?), laser treatment for eyesight (because we all know your eye sight starts to fail after the age of 45, don't we?), how to sleep better without any aches and pains (because we all know that you can't sleep as well as you get older, can you?) and the best of all – who we will leave our fortunes to when we die (because it's not far off now, is it?). Coming away from the website, I felt like the end of my life was nigh and that I'd better make some plans for my demise ... fast! I started to feel rather uneasy about the whole thing. However, we'd booked already and so off we went one bright and sunny September morning. My uneasiness was reinforced once we arrived, because instead of being surrounded by exhibition stands promoting the hugely positive aspects of being 50, we were surrounded by stair lifts, pension plans, retirement villages and ballroom dancing. Even the keynote speakers were talking on the dynamic topics of cooking and gardening.

Needless to say, not many women our age could be seen at the exhibition – most were 70-plus! Could that be because most of us feel that there's still lots of life in us yet, and more

to aim for than cooking a nice meal for the family or planting a few peonies?! This experience really inspired me to challenge what I began to call the ‘midlife myths’ and the way people perceive this important time of our lives. The myths are those commonly held views of midlife women found in the media, on our TV screens and elsewhere (such as at that exhibition). We are brainwashed into believing them to be true and representative of our own lives. As a result of this, we become our own worst enemies when we begin to think about what might be possible for us. Do men have a similar challenge, I wonder? Or is it, as I suspect, just we women who are persuaded to feel this way by the society in which we live? We begin to limit ourselves because of what we absorb through the media. We allow ourselves to take on the limiting beliefs that are pervading our lives. But, our lives do not have to fall into this inevitable decline. We’re not dead yet!

I’ve created the ‘8 Attitudes of The Successful Midlife Woman’ as a direct challenge to these myths. When applied together, these 8 Attitudes create the necessary mindset for all midlife women to live their lives with purpose, passion and fun. The attitude we have towards a subject is formed as a result of both our values and our beliefs. Our values represent what is most important to us and they are what motivate us to take action. Our beliefs about ourselves are what determine our confidence levels and self-esteem, which in turn determine whether we feel we can achieve what we want. They work like an on/off switch. For example, if I don’t believe I’m capable of learning to dance, chances are that I won’t be able to do it, or I will sabotage myself in some way. In the context of this book, each Attitude represents a way to enhance your values and beliefs about midlife in such a way that your spirit will be revived. When you adopt these

8 Attitudes you will achieve the results you want in your life – and you will believe you can and deserve to do so. I promise you that these Attitudes can, and will, change your life!

This book is divided into 8 main chapters, each teaching you the tools and techniques required for you to be able to embrace and adopt each Attitude. Along the way, you'll also find exercises to complete, which will alter your beliefs about what, and how much, you can achieve. Once you reach the last page and complete the final exercise, my aim is for you to possess a completely new way of thinking that will change the way you view life once and for all.

Midlife model of change

These are the most common myths I have come across in my research and in my coaching of midlife women. How many of these myths have you noticed yourself thinking, feeling or even saying out loud?

MYTH: I'm too old to have what I want.

SYMPTOMS: You feel like you are just going through the motions and your days lack vision, focus and goals. You are scared of the emptiness that haunts you and terrified to admit it to anyone else. You have little to excite you in your life.

ATTITUDE 1: 'I live my life on purpose.' You'll regain your sense of self, passion and direction for the future.

MYTH: I've squandered my dreams!

SYMPTOMS: You feel disappointed in yourself and regret the years of procrastination and lack of achievement. You wonder about what might have been. You lack the courage to be, do or have what you really want.

ATTITUDE 2: 'I create what I want'. You take control of your thoughts to focus on what you want and you take responsibility for changing your future.

MYTH: I don't know who I am any more.

SYMPTOMS: After years of focusing on others, you are feeling confused about who you are. You lack confidence and feel that you don't deserve any better. You are easily controlled by others because of your lack of independence and assertiveness.

ATTITUDE 3: 'I know who I am.' You discover who you truly are at your core and stop trying to be something or someone else.

MYTH: It's better to be secure than happy.

Symptoms: You would rather maintain the status quo than risk doing something different. You feel frustrated with yourself because you are dependent on someone or something, and you avoid going for what you really want. There is a lack of honesty in your life.

ATTITUDE 4: 'I am true to myself.' You absolutely know what you want; you respect yourself and you are prepared to disappoint others to be true to your own dreams.

MYTH: I'm not good enough to compete with younger models.

SYMPTOMS: Maybe you have lost out to a younger woman recently in your career, relationship, sport or another area of your life. You feel invisible, lack self-esteem and do not believe in your own attractiveness. This leads to resentment and self-loathing. There is a lack of self-love in your life.

ATTITUDE 5: 'I am good enough.' You have the confidence and self-belief to succeed in whatever you set your mind to, and you believe that you can hold your own with anyone.

MYTH: I need surgery to feel good about myself.

SYMPTOMS: You are likely to have an ongoing fight with food and a low self-image of yourself. This leads to a lack of discipline relating to food and exercise, as well as low self-confidence and a belief that cosmetic change will make you feel better about yourself.

ATTITUDE 6: 'I like myself.' You take control of your lifestyle, from health and fitness to midlife sex, which enables you to feel and look great from the inside out.

MYTH: I don't have enough time or money to change.

SYMPTOMS: You are apathetic about your life; you make lots of excuses to avoid doing anything different and you give up very easily. You lack energy and morale to do something different with your life.

ATTITUDE 7: 'I take time for me.' You feel that the pressure is off and that you live in the now; you take time for yourself, tackle the issues on your mind and go for it.

MYTH: It's just too late.

SYMPTOMS: You play the ostrich and bury your head in the sand. You are very cynical about life, and about your ability to change. You are not prepared to reassess how you live your life. Your life lacks passion and spontaneity.

ATTITUDE 8: 'I'm certain of my success.' You believe your success is inevitable and you are as certain about your future as you are of your past.

I'm curious to know how many of these resonate with you. Maybe they all do. Be honest with yourself and go back through all the myths and assess how many are currently true for you.

Remember for a moment what it was like to be in your early 20s. Maybe you were at university and the world was at your feet; maybe you were starting out at work and feeling full of excitement and curiosity about the future; or, maybe you were crazy in love and full of hope. Remember a specific time like this. Imagine floating back down into your body at that time. See what you saw, hear what you heard and really get back the feelings of being purposeful, confident and young – with the world at your feet. Turn up the brightness, the sounds and most of all the feelings. Really get those feelings moving around your body. What would it be like to feel that way again – full of anticipation for the future? Though I can't promise to turn back the clock, the good news is that I can guarantee that life can feel like this again, whenever you choose. We will work together to embed these 8 Attitudes in you, so that you absolutely believe them to be true. They will create a new mindset that will give you the confidence and self-belief to start to make those changes now.



Are you ready to begin?

The myths of midlife women are generalisations. They do not have to be your truth. Be different from the majority of the female population and start to age with attitude!