How to Thrive in Life’s Newest Stage: Middlescence
Leveraging The Mindset Of Success At Home And At Work
Session Goals

- Understand why this isn’t your parents’ midlife
- Uncover the secrets to helping you and those around you re-frame how you understand age and aging
- Take the Thriving Quiz and understand your results.
- Design a clear, actionable next step you can take to advance toward thriving.
Make This a Great Webinar

- Vegas rules
- Be here now
- Be micro-ambitious
- Listen deeply
- Curiosity
A History of Life Expectancy at Birth

Source: Data 360
How Old Is “Old”?

- Millennials: 59 is old
- Gen X: 68 is old
- Boomers: 73 is old
The U-Shaped Curve of Happiness

Self-reported well-being, on a scale of 1-10

The State of The Workplace

Estimated annual cost of an unengaged workforce: absenteeism, turnover, employee safety incidents, and productivity.

$450 BILLION
Thriving
"My mission in life is not merely to survive, but to **thrive**; and to do so with some passion, some compassion, some humor, and some style."

Maya Angelou
Energy
Mindset
**GROWTH MINDSET**

- "I like to try new things"
- "My effort and attitude determine my abilities"
- "Feedback is constructive"
- "Challenges help me grow"
- "Failure is an opportunity to grow"

**FIXED MINDSET**

- "I'm either good at it or I'm not"
- "My potential is predetermined"
- "Feedback and criticism are personal"
- "When I'm frustrated I give up"
- "Failure is the limit of my abilities"
Quiz Time
True or False

The U.S. recently ranked **50th** out of 140 countries on the Happy Planet Index, which rates countries based on the well-being of their citizens.
Most of us live and work in ways that run counter to fulfilling our potential.
The Five Essential Elements

- Health and Nutrition
- Rest and Renewal
- Focus and Growth
- Joy and Passion
- Time and Place
Making SMART Commitments

Specific

Measurable

Achievable

Realistic

Time-Oriented
Q&A

Health and Nutrition

Rest and Renewal

Focus and Growth

Joy and Passion

Time and Place
Live Like Your Life Depends On It

For more, visit barbarawaxman.com/fiveessentials
Next Steps

Find us at an upcoming event.

Share this quiz: https://barbarawaxman.com/thethrivingquiz/

Connect with us!

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Bring the Five Essential Elements to your organization.
Thank you!

If we did all the things we are capable of, we would literally astound ourselves.

Thomas Edison