



How to Thrive in Life's Newest Stage: Middlescence

Leveraging The Mindset Of Success
At Home And At Work

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Session Goals

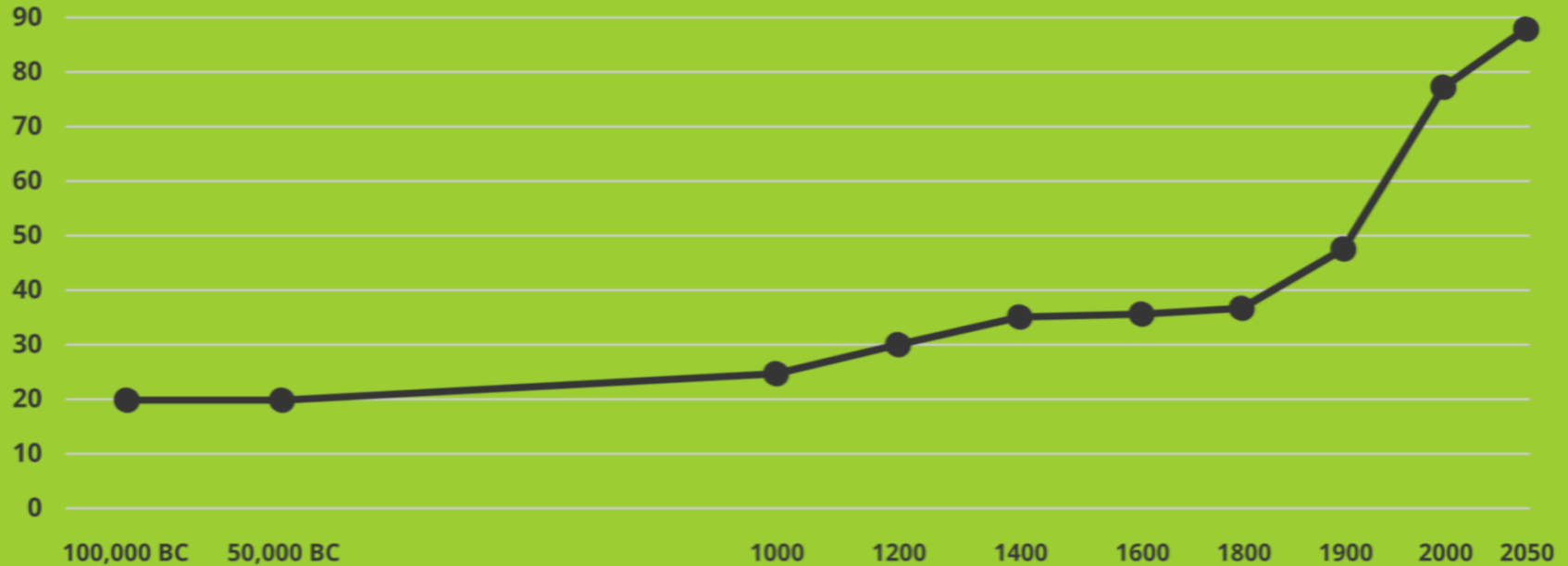
- ❑ Understand why this isn't your parents' midlife
- ❑ Uncover the secrets to helping you and those around you re-frame how you understand age and aging
- ❑ Take the Thriving Quiz and understand your results.
- ❑ Design a clear, actionable next step you can take to advance toward thriving.



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"*?

59 is old

Millennials

68 is old

Gen X

73 is old

Boomers

The U-Shaped Curve of Happiness

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

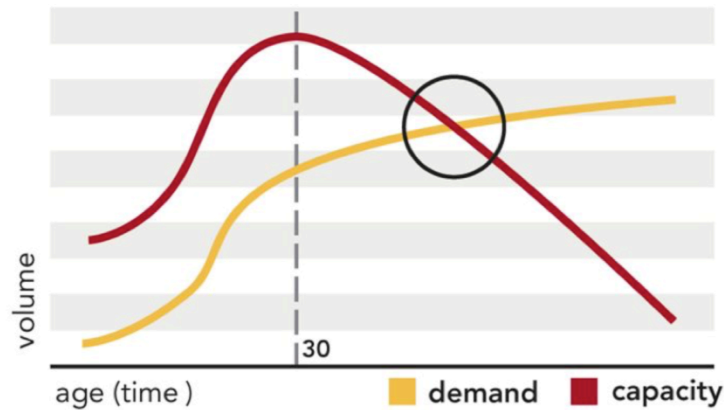


Source: PNAS paper: "A Snapshot of the age distribution of psychological well-being in the United States" by Arthur Stone

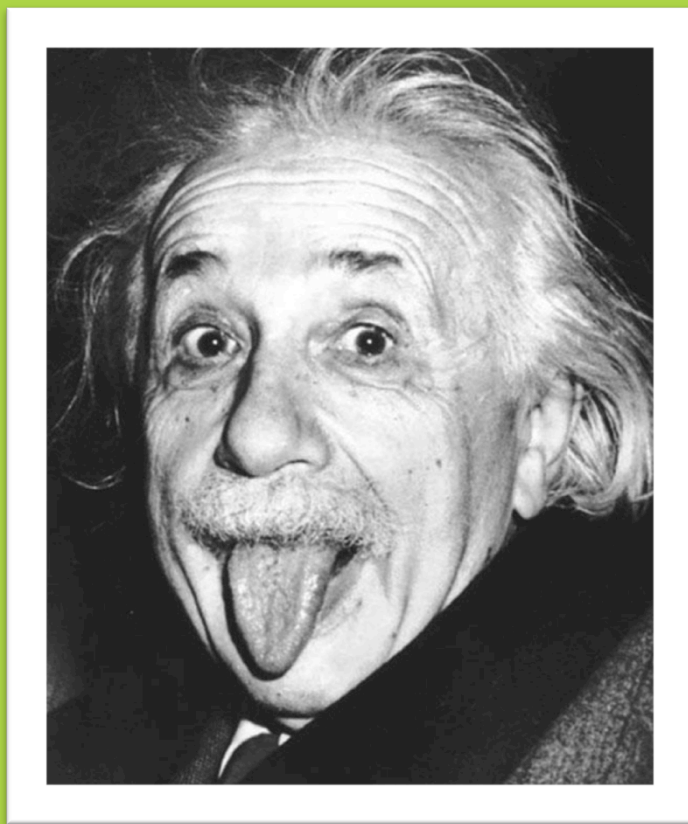




DEMAND VS. CAPACITY CURVE



CANYONRANCH.
The Dances of Deschikilka



The State of The Workplace

 **\$450**
BILLION

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



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



March 25, 1974

Joe K. Heintz



Energy



Mindset

"I like to try new things"

GROWTH MINDSET

"My effort and attitude determine
my abilities"

"Feedback is constructive"

"Challenges help me grow"

"Failure is an
opportunity to
grow."

"I'm either good
at it or I'm not"

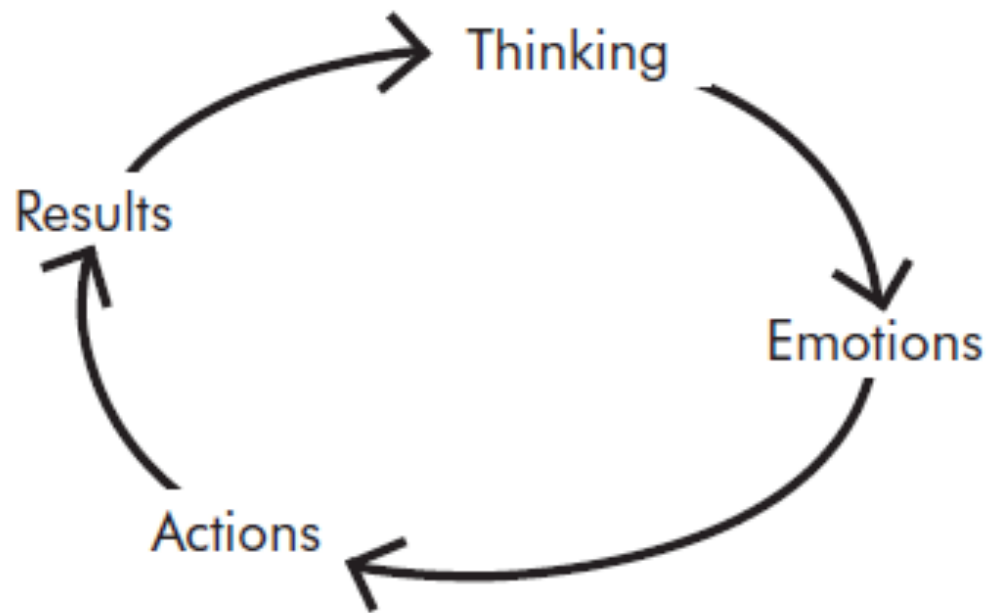
FIXED MINDSET

"My potential is predetermined"

"Feedback and criticism are personal"

"When I'm frustrated I give up"

"Failure is the limit
of my abilities"

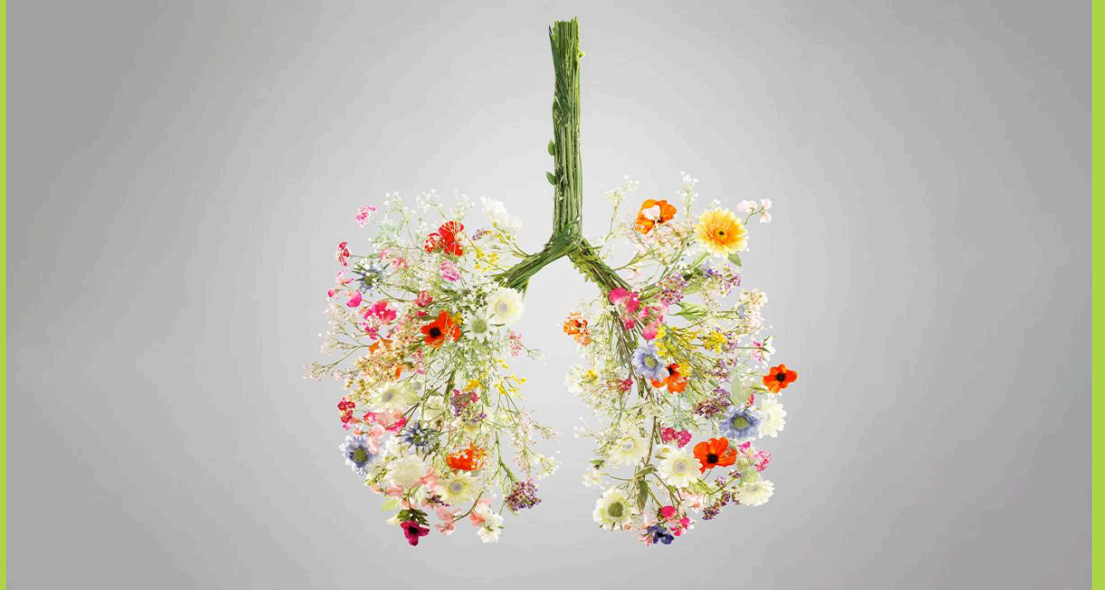




Quiz Time

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

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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