



Laura Rubin

The Midlife Strategist

TOPICS

- How to tap into your core values and live a life on purpose
- Redefining midlife on your terms
- Discover who you really are in midlife
- Getting unstuck in midlife
- How to not only survive but thrive after 50
- Embracing life after 50
- Living your best life at midlife

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BIO:

Laura Rubin is The Midlife Strategist, inspiring women to embrace midlife with renewed energy and a sense of purpose by connecting to their true north. She is a speaker, writer, and the founder of the Midlife Strategy Road Map.

Laura spent her early life ticking off the boxes of marriage, children, and career, mindlessly following the crowd and what society modeled as the perfect life. As she approached her 50s, a nagging feeling of unrest became too strong to ignore. This was not her perfect life and it was time to discover why. Her journey led to a renewed sense of self and her life's calling—to guide and encourage other women as they explore, discover, and create a life of passion, purpose, and fulfillment.

Laura's mission is to change society's negative stigma and fear of midlife by empowering women to own this time in their lives as their superpower. She guides women on a journey to create a new vision of midlife and design a road map pointing to their true north.

Laura spends her free time staying fit, traveling the world, and competing as a national-level equestrian.

SAMPLE QUESTIONS:

1. What is a Midlife Manifesto and how does it ensure you are living life on your terms?
2. What steps can you take now to get unstuck?
3. How does getting out of your comfort zone put you back into the driver's seat of life?
4. How can we turn the negative stigma of midlife life around?
5. Why does self-care need to take center stage in our middle years?
6. Why creating a midlife road map is critical to making midlife your best life?

