

If You're a Woman Who's Over 50, It May Be Your Time to Rise

For many years I worked as a film and video producer in both New York and San Francisco. Even though this career is considered “glamorous”, I had made every kind of film there is and wanted to try something different. Believe it or not, I was bored. It took two years to find my next career, but once I discovered the path to Hypnotherapy and EFT Tapping, I was totally engaged. I went back to school to certify in hypnosis at the age of 62 and haven't stopped since. Sure, I felt trepidation thinking I was too old, but I persisted and followed my passion. It was one of the best decisions of my life.

I bet you never thought that the best years of your life could be after 50. It used to be that older women were invisible to the working population, but not anymore. Many women are not opting to retire but, instead, do something different with their lives. It's a time when they can try on a new occupation or go back to school and learn a new career.

There was no reason to think this way before but we are in a very different world. Women now have their own money and clout, we can call the shots as we like.

I often say, *men are sprinters and women are long distance runners*. This may not be factually true but it's something I have noticed in my life, call it anecdotal. There seems to be a renewed energy in women when they get into later age.

Just think about it. We have a woman Speaker of the House, Nancy Pelosi, who is 78 and feistier than ever. The head of CBS, Nancy Zirinsky, replaced Les Moonves at the age of 66, the oldest person ever to assume that role.

Then there's Maxine Waters, the California Representative, who became the first woman *and* African American to head the House Financial Services Committee...at 80!

These women have come into their own in the second half of life and why not? There are more women over 50 now than at any other time and they are healthier, more educated and have more income than ever before. No wonder they are going for the gold...and getting there.

Many of the over 50 women who are trailblazing now were born before the Baby Boomers, but that large demographic is still driving change. Boomer women are not going quietly into retirement nor letting go of the desire to contribute to society. Are you one of these?

As a woman past 50 you have so much more to contribute than you did when you were younger. The experience and know-how you've acquired over the years is valuable. These are intangibles that you can't learn in school. You have to live it.

Consider what the author, George Eliot, said: “It’s never too late to be what you might have been.”

If you resonate with this desire to do something different, I want to work with you to help you unleash your potential. I invite you to schedule a free 20-minute consult to discuss how to discover the *what’s next*. Please visit my website and click on the *Free Consultation* button – www.janehernandez.com

