

Second Blooming for Women Presentations

(times are approximate; most topics can be shortened or lengthened as needed):

Topic: “Writing Women Back into History”

Length: 30 minutes

Audience: All ages, both sexes

Synopsis: Profiles seven fascinating women who were leaders, whether by choice or accident, in dramatically changing history and the kinds of opportunities women have today. The women represent six critical issues: the vote, birth control pill, women’s movement, Civil Rights Act, Title IX, and Roe v Wade. These events initiated stunning changes in women’s lives in just one generation, setting up the opportunity for their Second Blooming.

Topic: “Women over Fifty: An Undervalued Community Resource”

Length: 15 minutes

Audience: All ages, both sexes

Synopsis: While women over fifty see themselves as experienced, competent, and caring, they are often sidelined by a culture that values youth and beauty over wisdom. These women can be a valuable resource in any community. Our nation and communities cannot afford to squander the skills and potential contributions of 20% of its population. The payoff for both individuals and their communities is significant.

Topic: “Second Blooming for Women: Growing a Life That Matters After Fifty”

Length: 25 minutes

Audience: Women over fifty

Synopsis: Disputes the notion that women over fifty are “over the hill.” Describes six historic events which changed women’s lives dramatically in just one generation. Gives eleven steps for women to live authentic, meaningful lives by creating their own “second life.”

Topic: “You Can’t Be Young Forever...And Why Would You Want to, Anyway?”

Length: 15 minutes

Audience: Women

Synopsis: Encourages women to thrive at every age. Helps them become aware of “good losses” in life which allow them to take advantage of possibilities and potential open to them, especially after fifty.

Topic: “Attitude Is Everything: Making Yours Work for You”

Length: 20 minutes

Audience: All

Synopsis: Covers the role attitude plays in everyday life, whether it’s genetic, and the benefits of a positive attitude. Details nine practical ways to develop a productive outlook, such as laughing, exercising, and using affirmations.

Topic: “Is Your Life Root Bound? Take a Risk and Embrace Change”

Length: 20 minutes

Audience: All

Synopsis: Makes the connection between stress and change, why risk makes us uneasy, and the impact on our relationships. Outlines seven typical responses to change, ranging from denial to anticipation. Gives a dozen tested strategies for managing change productively.

Topic: “Whack Those Weeds! Release Your Energy and Creativity by Minimizing Self-defeating Behaviors”

Length: 60 minutes

Audience: Women

Synopsis: Identifies a dozen common behaviors (e.g., regret, procrastination) that inhibit personal growth. Provides tips for changing behaviors to more productive ones.

Topic: “Clean Out Your Spiritual Garden Shed: Make Room for Authentic Self-trust”

Length: 15 minutes

Audience: All

Synopsis: Investigates the role and benefits of spirituality and self-trust. Describes some sources of self-esteem, self-image, and ways to nourish your inner life.

Topic: “Who Are You? Claiming Your Personality, Talents and Strengths”

Length: 20 minutes

Audience: Women over 50

Synopsis: Affirms the uniqueness of each individual and promotes self-acceptance. Encourages women to accept their personality, then focus on and use inborn talents to develop strengths.

Topic: “Shake Out Your Bag of Skills: See How Competent You Are”

Length: 15 minutes

Audience: Women

Synopsis: Identifying and assessing skills lets you plan your future better. Discusses ways to do it.

Topic: “Passion Has a Purpose: Find Out What Yours Is”

Length: 30 minutes

Audience: Women over 50

Synopsis: Distinguishes between busyness and purposeful activity. Shows the many benefits from knowing your purpose. Discusses cultural influences and issues working against women. Covers a process for rediscovering passions and dreams.

Topic: “Matching Activities with Your Personal Values”

Length: 20 minutes

Audience: Women

Synopsis: Knowing your values helps determine when and why to say yes or no to offers that come your way. Clarifying values also lets you develop your vision statement.

Topic: “Get What You Want Out of Life – Set Goals”

Length: 20 minutes

Audience: Women

Synopsis: Covers SMART goals and what women can do to increase the likelihood of achieving their personal goals.

Topic: “Living on Purpose: Be Guided by Your Purpose Statement”

Length: 30 minutes

Audience: Women

Synopsis: Explains the importance of a life purpose statement and various ways to develop one.

Topic: “Bring Your Purpose Statement to Life: Creating an Action Plan”

Length: 30 – 45 minutes

Audience: Women

Synopsis: Covers setting timelines, evaluating your progress, and provides a form to develop a useful action plan. Also describes some techniques to ensure success.

Topic: “Be a Model”

Length: 15 minutes

Audience: Women over 50

Synopsis: Inspires women to live a life that matters so they can serve as role models for younger women who are looking to them as guides to their future.

Topic: “Effective Volunteering: Know Yourself before Committing Yourself”

Length: 30 minutes

Audience: Women

Synopsis: Helps women determine where best to volunteer. Identifies consequences of poor choices. Gives steps to follow in making positive commitments.

Topic: “Wisdom to Share!”

Length: 15 minutes

Audience: Women over 50

Synopsis: Surprise, surprise. Women become wiser as they get older, and gaining wisdom is a continuing process. Identifies the two goals of wisdom and its connection to taking action. Includes group discussion of what’s been learned of value over the years.

Topic: “Building a Better Body Image”

Length: 30 minutes

Audience: Women over 50

Synopsis: Most women are dissatisfied with their body image. Media bombard women with how they're 'supposed' to look, setting standards that they can't possibly meet. Discusses the problem, consequences, how to set realistic goals, promote positive self-acceptance, and build confidence.

WANT TO SCHEDULE A PRESENTATION?

Contact us to schedule a presentation with your group.

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