

Client: Ecademy  
Source: Kentish Express  
Date: 18 June 2009  
Page: 39  
Circulation: 19796  
Size: 120cm2  
AVE: 304.8

Media  
ems  
Special ads from the abroad

## How to be a mid-life success



Lindsey Agness, of The  
Change Corporation 01456199

HOW women can achieve mid-life success will be revealed by a best-selling author at a free seminar this weekend.

Entrepreneur **Lindsey Agness**, who started a business at 47 and wrote her first book less than a year later, will be divulging how she did it at the Ashford International Hotel from 1 to 4pm on Saturday.

Ms Agness, founder of The Change Corporation and author of *Change Your Life with NLP* (Neuro Linguistic Programming), will be providing an exclusive insight into how to succeed as a mature woman, based on *Eight Attitudes of the Successful Mid Life Woman*.

The three-hour taster session will see the 50-year-old touch upon these eight attitudes, revealing some of the common myths associated with women approaching mid-life such as 'I'm not good enough to compete with younger models' and 'I need surgery to feel good about myself'.

### Sustainable

The taster session marks the launch of a more comprehensive 10-day *Age with Attitude* programme which focuses

on bringing about long-term, sustainable change over a 10-month period, rather than trying to find a "quick fix" in just one session.

Ms Agness said: "After years of prioritising husbands and families, many women want more out of their lives as they approach mid-life. The urge to find personal fulfilment is overwhelming.

"This is a time which can be surprisingly liberating for women if you are prepared to search out and take the opportunities.

"I made four life-changing decisions during my 40s: to leave my marriage, leave my job, start The Change Corporation and embark on my first writing project, and I've never looked back."

■ For more information on the seminar or to book a place visit [www.lindseyagness.com](http://www.lindseyagness.com) or call 01304 621735.