

Lindsey Shows Mid-life Women How to Age with Attitude

Submitted by: Media Jems

Friday, 26 June 2009

It may be the start of Change Your World Week (29th June-5th July), but dozens of mid-life women have already made some life-changes of their own when they embarked on a journey to challenge mid-life mediocrity thanks to successful businesswoman and author Lindsey Agness.

Almost thirty women attended a half-day 'Age with Attitude' session in Kent created by Lindsey, 50, author of Change your Life with NLP (£9.99 Prentice Hall-Life) and founder of The Change Corporation. The taster session was a prequel to the launch of a more comprehensive 10-day 'Age with Attitude' programme starting in September, which focuses on bringing about long-term, sustainable change over a 10 month period, rather than attempting an unsustainable 'quick fix' in just one session.

And after making four life changing decisions in her forties, to leave her marriage, leave her job as a successful change management consultant, start her own business and write her first book, Lindsey couldn't be better placed to help empower other mid-life women to take control of their lives and become happier, more fulfilled individuals.

"Mid-life doesn't have to mean it's time to hang up your dancing shoes and put on your slippers, unless you want it to, but by your forties, life tends to become more about routine and comfort rather than about following your dreams. I developed this course to show other women that life isn't over once you leave your twenties and thirties, and for many like me, reaching your forties is just the beginning of the next chapter of a very exciting life," says Lindsey.

Attendees were raving after the session, with one commenting, "a lot of what Lindsey said resonated with me and I feel this will focus me in my goals which I haven't, yet, achieved." Another said, 'I've realised things that were going wrong in my life, when I thought it was pretty good actually, but now I know how to make it even better!'

With only a limited number of places left on the full course starting in September, Lindsey is keen to ensure that more women, who feel like they need to change but don't yet know how, start taking steps towards changing their lives for the better.

"The 'Age with Attitude' course provides a unique opportunity for women to give themselves some attention time, aside from their busy lives of balancing everything that goes with being a woman, partner, and mother," says Lindsey.

For more information or to book your place visit www.agewithattitude.co.uk or call 01304 621735

ENDS

Notes to Editor

Age with Attitude Full Course

Dates for the main Age with Attitude programme are:

4 – 6th September Ashford International Hotel

5 - 6th December Chaucer Hotel, Canterbury
6 - 7th March Lendrick Lodge, Scotland
18 - 20th June Hythe Imperial

The investment is £2000 + VAT which includes 10 days of training plus 3 coaching sessions.

About Lindsey Agness

Lindsey is one of the UK's top people developers and motivational experts and she trains and coaches using NLP on an international basis.

Prior, to setting up her own company in Canterbury, Kent, Lindsey worked as a change management consultant, corporate trainer and coach for PricewaterhouseCoopers. It was at this time that Lindsey attended her first NLP course and discovered that life would never be the same again! She has been able to use her skills to build capability and capacity to change in large private and public organisations throughout the UK, Europe and the US. Individuals are inspired by her to transform their performance and change their lives.

Lindsey is a certified trainer of NLP through the American Board of NLP. She trained with Tad James in the US and David Shephard in the UK. She is now studying to become one of a small global group of Master Trainers of NLP, the highest qualification in the field. In addition, she is a qualified Master Trainer of Time Line Therapy™, certified by the TLT™ Association and Trainer of Hypnotherapy, certified through the American Board of Hypnotherapy.

Lindsey is the author of 'Change Your Life With NLP' (£9.99, Prentice-Hall Life) and has sold thousands of copies since its publication in 2008. Her second book sets a new trend to turn mid life mediocrity on its head and is due for release by Rodale Macmillan in 2010.

For further information visit www.agewithattitude.co.uk

Information supplied by Media Jems. For further information or images, please contact Rebecca King on 01603 283 506 or email Rebecca@mediajems.co.uk