



50 AND FEARLESS!

Change Career Courageously in 5 Steps

Thinking of starting a new career at 50? Longing to launch that business idea you've been nurturing into existence? Yet something is holding you back - you're 50 and you think it's too late.

Starting a new career at 50 can be both exciting and daunting. Fears and anxieties are likely dominating your thoughts. But let's shine a spotlight on those negative beliefs and see how a quick reframe can shift your mindset from worrying to winning.



1. Say 'Goodbye' to self-doubt

Have you spent years in one career or been a bit of a career hopper and you're worried you haven't got the right skills for the new job? Take some time to list all the skills you have learnt in all the jobs you've ever had - big or small, paid or voluntary. Use online job descriptions and AI for suggestions on how these skills may be transferable to your new career. You'll feel more confident when you look at all the things you can do, written down in black and white. Remember, you don't need to be a perfect fit - this thinking will keep you small. Focus on your current assets and be willing to keep learning.

2. Tame your tech fears

Are you feeling a tad anxious about the advancements in technology or general gaps in your skillset? If so, take the time to upskill through online courses, workshops, or even dive into university of YouTube - after all, IT'S FREE! We're in an age where information is readily available at the touch of a button. So learn that thing you think you're lacking and make yourself the obvious pick for new employers or clients. In doing this, you'll show you're both adaptable and adept at learning new skills. When you expand your skill set, you grow which, in turn, gives you more confidence. The more confidence you have, the more positive you'll feel about getting out there and selling yourself!



3. Overcome fear of age discrimination

Are you concerned that employers or clients may prefer a younger model? This is a common concern in women in their 50s who are looking to start afresh. In a society that glorifies youthful looks and attributes, so it's no wonder you have age-related insecurities. But remember, youth doesn't have the wealth of your experience. Don't be afraid to showcase your value. Use platforms like LinkedIn to showcase your achievements. And remember the network of connections you've built over the years. Use this network to discover new job opportunities or promote your business. Connecting with people through networking can really open up doors. In a world where everything is online, getting yourself in front of people whenever possible allows them to get to know you and some of your unique quirks, so be bold and put yourself out there!



4. Conquer concerns about energy

Ok, so you're not partying til 3 and at your desk by 9, with nothing but an energy drink and some greasy fries to carry you through. If you haven't already, now's the time to take a serious look at your health and clean up the areas that are inevitably sapping you of your precious energy. Eating healthily, exercising regularly and establishing a consistent sleep routine will maximise your body's potential to heal and rejuvenate, giving you the most amount of energy possible. Creating healthy boundaries will also help you to free up your valuable time. Learn to prioritise. Practise saying 'No' to people and things that don't support you in your next chapter. You'll thank me later...

5. Welcome a new style of work-life balance

Are you concerned how your partner or adult children will cope if you begin to focus your attention elsewhere? If, up to now, you've been the main caretaker, housekeeper, cook, taxi driver and more, perhaps it's time for a family chat to explain that 'things need to change a bit around here'. It's time to get your nearest and dearest on board and excited with and for you! They may not know exactly what to do in this new way of doing things, let alone get it right first time but you can teach them. Create a simple system for them that honours everyone's needs. You can still be the woman of the house and have your say about the running of things. But through delegation and sharing tasks, the household chores will be shared out more fairly. Communication with loved ones is key throughout this new journey in creating the life you want and deserve.





The thought of starting from scratch can be anything from utterly intimidating to outright paralyzing.

But should this stop you? Isn't it better to die trying than drag your regrets into the next decades? And wouldn't you rather know that you literally left nothing on the table when you take your final bow?

Research indicates that women who take the courageous step of starting a new career or business at 50 often report a profound sense of fulfillment.

Studies and expert opinions consistently support the idea that midlife can be a powerful time to reinvent oneself professionally, due to a breadth of experience, greater self-awareness and increased flexibility. So why not take some of your freshly-acquired time to reflect on your seasoned expertise and give yourself permission to explore opportunities you may not have previously considered?



Don't let the fear of the fifties hold you back from achieving success on your own terms!

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