

Leadership and Longevity



Leadership and Longevity: Preparing for a 100-Year Life and Career

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100-Year Life and Career**

What if I told you that living to 100 isn't just a dream for future generations? It's a reality that many of us will face and thrive in. But here's the question: are you ready to live and lead in a way that makes the most of those extra years?

A 100-year life isn't just about longevity; it's about leadership. It's about rethinking how we approach our careers, relationships, and personal growth. This isn't about



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hustling harder or filling every moment with productivity. Its about aligning your life with your values and creating a legacy youre proud of every single day.

Lets talk about how to embrace this shift, prepare for the future, and live regret-free.

The New Reality: Living Longer, Living Better

With the progress science and medicine are making, life expectancy will be steadily climbing again. I anticipate artificial intelligence to support quantum leap and for many women, reaching your 90s or even 100s is more likely than ever before. Thats amazing, right? But it also means rethinking the traditional path of education, work, and retirement. A longer life requires a new mindsetone that focuses on adaptability, continuous learning, and purpose.

Think about it: what would you do differently today if you knew you had decades ahead to keep growing, thriving, and contributing?

Rethink Success: Its a Marathon, Not a Sprint

Women had been tagged with expiration dates. Their prime being limited to their 40s and 50s. WE are now envisioning extending this into our 60s. Success has

always been painted as hitting milestones the big promotion, the perfect home, the accolades. But when you take the long view, success starts to look different. Its not just about what you achieve but how sustainable those achievements are.

Ask yourself: Are your choices today setting you up for a life of fulfillment, not just accomplishment? Are you building something thats aligned with your values and aspirations? Leadership and longevity means creating a life that feels as good as it looks for the long haul. It is integrating that our current rush into life might not bring us far. Strategically and thoughtfully reflecting on this new timeline becomes even more important. Could it be the opportunity for women to finally live their life on their own terms and to respect their own biological cycle? What would it look like for you? Your daughter? Your Mom?

Living by Your Values

Heres the truth: your values are your compass. But in the whirlwind of daily responsibilities, its so easy to lose sight of them. Leadership and longevity is a chance to pause and reflect. What truly matters to you? Integrity? Connection? Growth? What matters today and what will matter tomorrow?

Its not just about the big, life-altering



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decisions. Its about the small, everyday choices. Are they aligned with the person you want to be in 20, 30, or 50 years? When your actions reflect your values, youre not just living youre thriving.

Assessing your values on a regular basis and evaluating if you are living a life of alignment can be a great start. [Inquire about our worksheet in the comment]

Navigating the Ups and Downs of a 100-Year Life

Living longer isnt just about celebrating milestones; its about navigating the challenges that come with a longer career and life. Here are some truths youll want to embrace:

1. Continuous Learning is Non-Negotiable

The world is changing fast, and staying relevant means committing to lifelong learning. Its not just about keeping up its about staying curious and excited about whats next. How much do you know about technologies, health and cognitive agility? It has been fascinating to read and experiment new ways of thinking, but also how to use artificial intelligence to augment our ability to make decisions, to learn a new language, to create strong financial plans.

2. Transitions are Part of the Journey
Whether its a career pivot, a new passion, or even a break, life will

throw you curveballs. Leadership and longevity is about seeing these moments as opportunities, not setbacks. As any great book, they are chapters and characters. Some will be long chapters filled with exciting new opportunities, some will be peaceful and stall and rocky ones could also shake your world too.

3. Your Health is Your Foundation
Physical, mental, and emotional well-being arent luxuries; theyre essentials. Take care of your health now so you can lead with energy and purpose for decades to come. As women, our health is affected more by stress than men. We tend to suffer from more chronic illnesses and cardiovascular diseases. What if we could change this negative trend by becoming more aware of our needs? What would happen if our stress level diminished by choosing to say Yes to our health, to our natural cycle, to life instead of yes to others injunctions and expectations? Your hormones will be more balanced, your mental and physical health will remain in check and you will live better longer.

Legacy: Something You Live, Not Just Leave

Legacy isnt just what you leave behind when youre gone. Its how you show up every day. Its the way you lead your team, mentor others, and invest in your relationships. Going back to our previous



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point, what would change if you were surrounded by people you love and care about and love you back for who you are not for what you bring?

Lets make this personal. Ask yourself: How are you living your legacy today? Are you showing up with presence, curiosity, and gratitude? Leadership and longevity means understanding that every interaction, every choice, is a piece of the legacy youre building. And its never too late to start.

Money Matters: Financial Planning for the Long Game

Lets talk about something that doesnt always get the spotlight in conversations about leadership: money. A 100-year life means rethinking financial independence. Here are some tips:

- **Invest in Financial Literacy:** Learn how to manage and grow your wealth. Knowledge is power. No excuse in the age of free information and the internet. Artificial intelligence will even help you to find resources. Be sure to check it through fully and to hire a financial adviser too. Women often end up with less than men because they pay for the daily expenses while men invest in bigger items. Be mindful and have open conversation about splitting the daily expenses so you can invest too. Splitting 50/50 by paying daily

expenses with your partner paying the mortgage is not equitable if life has other plans for the two of you than staying together.

- **Think Long-Term:** Your financial plans need to support not just retirement but decades of thriving. Retirement does not look like what it was two or more decades ago. Your needs have increased, your vitality will too and you probably will remain active, travel, buy a new car, even move to another country to enjoy your vitality.
- **Stay Flexible:** Life changes, and so should your financial strategies. Build in room for the unexpected. I have not been as good as I am suggesting you to be but with the cushion I had, it paid expensive medical bills without limiting my lifestyle. It is being built back.

Future-Proofing Your Career

To lead with longevity, you need to align your career with where the world is headed while staying true to yourself. Heres how:

- **Know Your Strengths:** Self-awareness is your superpower. Use it to make decisions that feel right for you. Dare looking at new career opportunities. The workplace is evolving rapidly, your job today might not exist in 15



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years, monitor your industry trends, but also emerging jobs that you could fill with transferable skills and training or education.

- **Build a Diverse Network:** Connect with people across generations and industries. Fresh perspectives will keep you inspired. Several generations will be working together. Today we are talking about 4, what if tomorrow it is 5. This does not mean we will work more but maybe work longer with flexibility and agility. Would have imagined fractional CMO jobs 15 years ago? Would you have imagined working from home in your PJs 10 years ago? So keep yourself fresh by connecting with all generations and learning from them, from what matters to them.
- **Reframe Setbacks:** They're not failures; they're stepping stones. Use them to grow stronger and wiser. A longer life might mean more setbacks. Yet, you will have a full range of experience, a great network and support system to navigate and create opportunities.

Make Reflection Your Secret Weapon

Lets be real: life gets busy. But setting aside time to reflect is one of the most powerful things you can do. It helps you stay aligned with your values, celebrate your wins, and course-correct when

needed. Reflection isn't about dwelling on the past; it's about learning from it and moving forward with clarity. **SLOW DOWN IN A FAST WORLD. READ IT AGAIN!** Your secret weapon will be to create space for strategic thinking and deep reflection in the midst of the busyness. The ones who won't have a dedicated space and rituals to support **SLOWING DOWN** will rush through their life led by their environment, not noticing that their life has no meaning and end up looking back full of regrets.

Inspiration for the Journey

Think about Marianne, who pivoted from a high-powered corporate role in her 50s to start a coaching business. Or Sophie, who turned a midlife career setback into an opportunity to innovate in her industry. These women didn't just survive; they thrived by embracing leadership and longevity.

Their stories remind us that it's never too late to rewrite your narrative. Resilience, adaptability, and purpose are the keys to navigating a 100-year life with grace and confidence.

Your Next Step: Start Today

So, what does this all mean for you? It means the time to prepare for a 100-year



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life is now. You don't have to overhaul your entire life overnight. Start small. Revisit your goals. Align your daily choices with your values. Take care of your health. Commit to learning something new.

Remember, leadership and longevity isn't about perfection. It's about intention. It's about focusing on what truly matters so that every day feels meaningful and so that your legacy isn't just something you leave behind, but something you live.



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