



# FORWARD AFTER 50»»»

THE RISING REINVENTORS

REBECCA RONANE



*Rebecca Ronane*

Forward after Fifty



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## FORWARD AFTER 50

THE RISING REINVENTORS

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Rebecca coaches women to reinvent their mindset around ageing to create an empowered life after fifty. She runs a successful networking group, Network Provence and coaching business, Forward after Fifty. She also has two podcast shows, Forward After Fifty and Network Provence.

Three of Rebecca's significant life changes happened over the age of fifty. “Like everyone, I’ve had trials and tribulations, and I choose to focus on the latter. I know that anything is possible for women who want to move forward after fifty.”

Women over fifty are a force to be reckoned with. My mission is to convince the rest of the world of this fact so that opportunities are plentiful for women as they reinvent their lives and discover and use their superpowers.

Ageing is a privilege!

Age is just a number until you discover the mental, physical and social changes that can come with ageing.

Women over fifty can experience judgement, negativity and insecurity.

A woman should celebrate being fifty plus with a strong mindset, positivity and pride. Now is the time for her to reach her full potential.



# REBECCA RONANE'S THOUGHTS

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Listen to how you and others speak about ageing.  
Then, be mindful of correcting yourself.

Spend time in the right company with people that  
celebrate ageing instead of fearing it.

”

“

You are at a time in your life where you are the boss  
of your destination. If you decide to take control of  
your life, nothing can stop you, whether you desire  
to fulfil the dream of a project or a career change.

”

“

Wisdom is not a measure of intelligence. What you  
have learned over the years is unique, an experience  
that is yours only. However, your knowledge and  
experience can benefit others. Therefore, you  
should not hide it away.

”

## ABOUT THE AUTHOR:



## REBECCA RONANE

Author of *Forward After 50*, *The Rising Reinventors*, Rebecca lives in the sunny south of France with her French Dutchman and dog Myrtle. She describes herself as having an endless curiosity for life, being a perpetual learner and explorer, of both places and things. She says, “Everything I've ever done has been a new adventure. I thrive on a challenge.”

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## ABOUT ME



**REBECCA RONANE**

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# POSSIBLE INTERVIEW QUESTIONS

1. What gave you the idea to start a book about ageing?
2. You talk about superpowers. What are they, and why are they important?
3. How is your book different from other books on ageing?
4. What do you think we need to do to change the way we think and talk about ageing?
5. You talk about positivity and ageing. Why is this so important?
6. How can your book help individuals and or organisations get a useful conversation started about ageing?
7. If you could share one key thing with our audience, what would it be?
8. Why do you think people need to read your book?
9. Just for fun: What do you like to do when you're not writing?
10. Where can we buy the book and find out more about you?

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# FORWARD AFTER FIFTY

THE RISING REINVENTORS

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For more information,  
please contact:  
Rebecca Ronane  
Rebecca.ronane@me.com  
[www.rebeccaronane.com/](http://www.rebeccaronane.com/)  
003 364 180 2172 (France)



Social Media:

[Facebook](#)

[Instagram](#)

[Linkedin](#)



One of the things that I have learned over the years is that what we tell ourselves about ageing is how we feel about it. Start your journey with me now in telling yourself a more empowering story around ageing, so that you really can enjoy the best days of your life from this point on.

# FORWARD AFTER FIFTY PODCAST SHOW

For women who want to age positively after 50.

Subscribe to learn how women are embracing their lives after fifty. Topics include: Self-care, sharing your story, health, being guilt-free, starting a business and so much more.

**REBECCA RONANE**



Rebecca Ronane celebrated the privilege of becoming fifty in 2006. But, she says, 'if you'd told me then how the next decade would evolve I'd have laughed at you for many reasons.

I didn't expect such a drastic change. I was happy where I was. All I'd read was that life slows down after fifty. It's been the opposite for me. I, like many, resisted at first through my limiting beliefs, but now I know it's a period of life where you don't need validation from others. It's time to focus on you.

A health and career misfortune became my fortune, as it propelled me to discover my top values and passion for coaching. I founded the Forward after Fifty movement to help women reach their full potential and look forward to a rich and fulfilling new chapter of their lives.

Connect with Rebecca

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