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## Age with attitude

saying no to mid-life mediocrity

**For many women, turning 50 is not**

**just marked by another grey hair; it may be the ending of a career as they face job insecurity and age discrimination, according to author and change coach Lindsey Agness.**

The Age with Attitude founder believes recent publicity about ageism could cause many mid-life women to suffer low confidence, and has created her 10-day Age with Attitude programme to help them realise their potential in a world that is predominately youth-oriented.

"I'm living proof that your career isn't over just because you hit mid-life," says Lindsey. "Age with Attitude is designed to help women fulfil their ambitions regardless of what the world tells them they can or can't do." For more information or to book your place visit [www.agewithattitude.co.uk](http://www.agewithattitude.co.uk) or call 01304 621735.

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