Celebrating Midlife: Looking Forward to the Next 50 Years

Presenter

Dwight Bain

Dwight Bain is a trusted professional with over 25 years of experience in solving problems. He is also a Nationally Certified Counselor with more than 37,000 hours of clinical experience and a Professional Communicator and Certified Life Coach. He specializes in motivating corporate teams by coaching business leaders to successfully grow stronger with strategic change. He has spoken to more than 3,000 groups since 1976 and was recognized by Toastmasters International as one of the best public speakers in Florida. Bain is a Certified Corporate Trainer by the Fred Pryor & Career Track personal development companies and a professional member of the National Speakers Association. Dwight Bain has spent decades developing strategic ways to successfully master change, manage pressure, and motivate people.

Main Topics

• Describe personal view on midlife
• Discuss the stages of a midlife transition
• Review the five areas of midlife focus
• Discuss how to handle life during the unexpected
• Evaluate next steps and available options
How Would You Describe Midlife?

Midlife is not the end of the best years. It IS the best years! This is the time where you are able to focus more on you and your desires. You’ve spent years focusing on your friends and family.
Well now, it’s all about YOU!

Quote

"The more you praise and celebrate your life, the more there is in life to celebrate."

–Oprah Winfrey

Poll

Midlife is:

A. Exciting and fun
B. A time of my life that I am ready for, but not looking forward to
C. A life stage that I am dreading
50, Now What?

• Midlife transition
  – Not a crisis anymore...
• Boomers will live longer than any other generation so far
  – There is a lot of time left to do what you want

Stages of Midlife Transition

• Myers-Briggs
  – Accommodation
  – Separation
  – Reintegration
  – Individuation

Find Your Passions

• Ask power questions as if you were starting all over again
  – What would you do?
  – What is most important for you to experience before you die?
• Consider peak experiences and what makes them so memorable
• Note what differentiates you from other people
  – What is special about you?
  – How do others perceive your talents?
Activity: Discover the Passion Living Within

- What activities cause you to lose track of time?
- What makes you feel great about yourself?
- What skills, abilities, or gifts are you naturally good at?
- When people request your help, what do they typically ask for?
- What would you regret not fully doing, being, or having in life?
- Think for a moment: You are 80 years old, relaxing on the porch in your rocking chair—the warm summer sun caressing your face as it exposes the joy residing within. Reminiscing on your life and all that you’ve accomplished and acquired, what is most important to you? Make a list.
- How could you use your talents, passions, and values to serve, help, and contribute to others and society?

Midlife Focus: Remaining Healthy in Five Basic Areas

1. Physical
2. Financial
3. Mental
4. Social
5. Spiritual

Physical Health: Exercise

- Regular physical activity can help prevent or delay diseases and disabilities
- Regular exercise helps to keep bones strong
- Exercise may reduce stress
Financial Health

- Have you reviewed your expenses and budget?
- Do you have enough money for retirement?
- Have you met with a tax, financial, or legal professional?
- What are your current financial goals?

Goals

Poll

I plan to retire:

A. Soon—l’ve planned to retire early
B. When I am 65
C. Never, really—I’ll probably always work at least part time

Retirement is in Sight!

According to a recent study done in 2012 by Gallup, the average retirement age has risen from 66 in 2011 to 67.
Planning for Your Retirement

“The best way to predict the future is to create it.”

–Moliere

Mental/Spiritual Well-Being

“He who lives in harmony with himself lives in harmony with the universe.”

–Marcus Aurelius

• What people think and believe can affect their health
• Remain optimistic
• Relaxation and stress management techniques help to maintain a calm state during stressful situations

Social: Realign Your Relationships

• Have you considered your needs for socialization?
  – Identify ways to meet new friends
  – Strengthen existing relationships
• Are you single and wanting to date?
  – Go online
  – Explore new hobbies
• Are you an empty nester?
  – Find time for your spouse/significant other
  – Have time for yourself
“Uncertainty is the only certainty there is and knowing how to live with insecurity is the only security.”

—John Allen Paulos

What Happens When Life Doesn’t Quite Pan Out…

...As Expected?

Life happens... just not always how we expect it to. We plan out our latter years... retirement, playing golf, vacationing on the beach; however, our minds unintentionally (intentionally for some) leave out the possibility of a crisis (e.g., terminal illness, death of a spouse/child, etc.).

What do we do then?

What Happens When Life Doesn’t Quite Pan Out…

Embrace Life in the Moment

You can’t control the future, but you can control the moment.
Vulnerability is Strength

Naturally, a crisis breeds vulnerability. As stated by Lawrence Calhoun and Richard Tedeschi in *Facilitating Posttraumatic Growth*:

“Truly traumatic events tend to confront people with their limits – to their power and their life span. They may see the possibility of death more starkly and recognize that there is only so much they can do to ward off death or make various aspects of their lives turn out the way they prefer. Like being lost on a moonless night, persons enduring trauma are unsure of the path home, if they will ever reach it, or how much discomfort they will confront in getting there.”

You can experience growth and development in the midst of a crisis.

Vulnerability is Strength

According to Lawrence Calhoun and Richard Tedeschi in *Facilitating Posttraumatic Growth*, we all have basic beliefs about life. They vary depending on the person. These beliefs denote our view or perspective on life and what happens.

A crisis can be extremely traumatic because you never imagined that it could/would happen to you. We naturally have these “basic beliefs” that we focus on, such as “really bad things won’t happen to me.” Often these beliefs change once we’ve gone through a traumatic event.

Vulnerability is Strength

A crisis is seen as extremely threatening at the time. You never thought you would have to deal with something so traumatic. You may have even been the type to hide from challenges in the past. Now you have two choices:

Confront it
or
remain in denial
Vulnerability is Strength

**Confront It:**
You are allowing vulnerability to push out denial and resistance to change, as well as any old habits. You’re saying, “I want help.” You suffer through the pain and agony. As a result, you become motivated and are forever changed. By having to face it, you realize, “I made it through this. I never thought I would be able to.” You no longer think the way you used to…do the things you used to do. Your whole mentality has been revitalized. Psychologically, you have developed the strength to continue with life.

---

**Quote**

“No matter the path that life takes you down, you are equipped to handle whatever is thrown your way. You are a survivor! The best is yet to come. The next 50 years will be the best of your life. Fulfill all of your dreams and desires. Nothing is off limits to you!”

--Ambria Cotten

---

Thank you!

Questions?
Works Cited


