

Your Champion for Aging with Passion, Purpose and Power



Sheila
STEVENS

KEYNOTES • WORKSHOPS • RETREATS

TESTIMONIALS

"My confidence has been boosted just by being here. I'm ready to show the world that I am seasoned and sensational"

—J. Leonard

"Focusing on my legacy is one of the most exciting and profound things that I have ever done."

—R. Howard

"My take away—don't let advertisement make you feel less worthy. Be your beautiful self."

—C. Powell



SEASONED AND SAVVY

Sheila Stevens, MA, MPA is CEO of Sheila Stevens and Associates. A trainer, facilitator, and speaker, she inspires individuals and audiences with dynamic presentations and workshops.

A woman of mature years experiencing the joy of her autumn season, she is an avid champion of aging with "passion, purpose and power", igniting this spirit in her audiences, and building their confidence and excitement for the rich possibilities of their later years

In her pre-retirement years she held the position of Program Manager in the Department of Aging and Adult Services, Santa Clara County. Academically she presented an original research paper "Village Elders", focused on the passing of legacy from elders to youth, to the Southern Sociological Society, New Orleans.

Her faculty appointments include the University of California at Davis, Center for Human Services, and the University of Phoenix

Sheila says: "I am inspired to be a champion of change because I see many people accepting negative and limiting beliefs about aging. My inspiration is to see people claim the rest of their lives as the best of their lives! As a grandmother of young children who fill me with childlike wonder, I am also excited to share the value of creating powerful living and future legacy for family and community."

Book Sheila NOW
for your **EMPOWERING** event!

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SPEAKING TOPICS



TESTIMONIALS

"Enjoyed every moment of this workshop. Sheila brings humor, energy and insight into the whole conversation about aging with passion and purpose."

—D. Thomas

"Sheila gave me a whole new way of looking at myself as a vibrant, empowered woman in my mature years. I'm feeling unstoppable."

—J. Harris

"Thank you, Sheila, for inspiring me to build legacy right now with my children and grandchildren and guiding me for the future."

—T. Mills

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YOUR BEST TIME NOW

Aging with Passion, Purpose and Power

It's not about the rocking chair. It's about you rocking your life. This interactive workshop is designed to inspire you to look forward to and live out your later years with joy, expectancy and enthusiasm. It provides a new perspective on advanced years as rich with new possibilities, pleasures, challenges, and life expanding opportunities. Join this event and be inspired to embrace your later years with renewed zest, confidence and respect for your lived experiences. Topics include:

- Debunking myths and negative stereotypes about aging
- Mindset, and positivity
- Self discovery and self renewal
- Identifying what brings you joy and meaning
- Expanding your view of possibilities

SEASONED, SENSATIONAL AND UNSTOPPABLE

Challenging the false narratives of the youth oriented culture regarding women, I invite you to rock your later years with excitement, fulfillment, passion and purpose. Join other supportive women as we focus on:

- Exuding confidence as an attractive, relevant, powerful woman
- Coming into your full vibrancy in your post career, post parenting years
- Challenging the myth of declining desirability and sensuality in the later years
- Being physically, spiritually and emotionally fit in this special season
- Enriching and revitalizing relationships
- Being unstoppable in pursuing your goals, your purpose and your passion

CREATING, CELEBRATING AND SHARING YOUR LEGACY

The Wisdom of Years

You have lived long years. You have done much, seen much, accomplished much, met challenges, celebrated victories and gained a lifetime of wisdom. For all this your life is a treasure and you have massive value to share now and for generations to come. Let's create your powerful legacy! This interactive presentation focuses on:

- The value of your legacy that will live beyond your lifetime
- The power of your personal story and its importance to younger generations
- How the sharing of your lived experiences can influence the beliefs, values, behaviors and hopes of others in your family and community
- How to capture your legacy stories and messages through audio and video recording journals and life review workbooks and more
- The joy of celebrating a life well lived
- How this process can be a rich bonding time for you and your family members

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