



BARBARA WAXMAN BIOGRAPHY

Barbara Waxman is a gerontologist, leadership coach, and speaker whose insights are illuminating a crucial stage in our personal and professional lives: *Middlence*. Between ages 45 and 65, right when we should be embracing life at the peak and taking advantage of our hard-earned wisdom, we often find ourselves tangled in questions about where we've been and what's next. In her forthcoming book, she shows how this new life stage can be a powerful period of self-actualization and an invaluable opportunity to reset our goals, our strategies, and our sense of what really matters. In adolescence, we all experienced a major transition in who we were and how we saw the world. In *Middlence*, we encounter another major change, but this time we can marshal the wisdom and wherewithal to take full advantage of the promise of this life stage.

As one of the foremost gerontologist-coaches in the United States, Barbara is known for inspiring clients and listeners with insights so that they can be effective in planning for themselves and their leadership at home, at work, and in their communities. Certified by both the International Coach Federation and The Hudson Institute, Barbara holds Masters Degrees in Both Administration and Gerontology and is a Wexner Heritage Foundation Fellow.

Barbara blogs for Huff/Post 50, Next Avenue, and VibrantNation. Her work has been featured in SmartMoney.com, *Fortune*, *Newsday*, *U.S. News & World Report*, *AARP The Magazine*, and more. In consulting and coaching, she brings personal and professional experience to an effective, results-oriented collaboration. Her ability to inspire others with compassion, honesty and a light heart, while incorporating cutting edge leadership principles, distinguishes Barbara's work.

Originally from New York, Barbara lives in Northern California, though in 2015 she and her husband, Scott, spent the year "re-potting" in Italy. Barbara's community involvement includes work with various non-profits including SHE-CAN and Beyond Differences. She is a lifelong learner who loves hiking, cooking, yoga and stepping just outside of her comfort zone.

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