
Having a Successful Mid-Life Crisis

10 Perspectives to Help Make the Second Half of Your Life Your “Better Half”

(Customized to meet your specific audience’s needs and interests)

Participants will learn:

1. To more fully grasp how and why “Mid-Life Crises” develop.
2. To more easily detect when a mid-life crisis is coming on and what to do about it.
3. How to turn a midlife crisis into a “transformation” rather than a “demolition.”
4. To determine what part of your life you want to keep and what part to let go.
5. To convert your baggage from the past into wisdom for your future.
6. To get a sense of humor about it all.
7. To move from “overdone obligation resentment” to “full out commitment joy.”
8. To authentically please your Self rather than getting lost in trying to please others.
9. To finding balance between work and love – and actually having both.
10. To live each day so tomorrow is easier to wake up to!

“My midlife crisis came with a divorce, hot flashes and new geography. Thanks to a speech that I heard by Barbara Cowan Berg on “How to Handle Your Midlife Crisis,” I received the “handles” that helped me move out, move on, and gain the courage to start a new career. These “handles” work!”

~ J Killingsworth, Corporate Trainer



Barbara Cowan Berg

Barbara Cowan Berg – A specialist in communication skills, stress management, positive corporate environments, and relationships with families, couples and co-workers. Barbara’s skills have taken her into Fortune 1000 Companies, Associations, Organizations, Motion Picture Studios, Healthcare Arenas and more. Her trauma debriefing experiences have taken her from large and small Companies, to government workers, plus small groups and individuals. She has appeared on more than 275 television and radio shows in the US, Canada and the United Kingdom. She is the author of a number of published articles, and her books include *What To Do When Life Is Driving You Crazy!* and *How To Escape The No-Win Trap*.

Barbara holds a B.A. from Douglass College at Rutgers University. She received her M.S.W. at the Graduate School of Social Work at Virginia Commonwealth University, and her L.C.S.W. Certification for the state of California. Barbara is available for group or individual consultations, keynote speeches, workshops, seminars, and more.