

Consumer Focused Speech Topics

The Four Keys to Longevity

At the turn of the 19th century the average life span was 50 – now we are expected to live to 80 years and beyond! So what do those 30 Bonus Years™ look like? How will we take advantage of them? What does research tell us that will allow us to live as healthy, happy, wealthy and wise as possible during this new life stage we've been “gifted?”

During this high energy presentation Dr. Alexis focuses on longevity and highlights her proprietary research revealing many of the cutting edge trends the 55+ can expect will transform their lives over the next decade. This inspirational seminar will steer you in the right direction no matter what phase of the journey you're on by providing up-to-date information about the most important areas that will impact your longevity.

The information presented will provide you with a proactive approach toward aging that can add both quality and quantity to your years. Regardless of your age, the Four Keys to Longevity speech will help you as you prepare to live life to the fullest!

“Dr. Alexis provided incredible insight and enlightened our customers, and employees, about what to expect during the longevity bonus years they are now experiencing.”

Laura Goddard

Director of Marketing, *Hearing Life/Total Hearing Care*

The Lifelong Pursuit of Happiness and Empowerment

With the rate of longevity rapidly increasing, we have the luxury of 30 Bonus Years™ to embark on a journey of self reflection and personal growth. As more boomers reach the milestone age of 60, focus begins to shift from the outward world to the inward. Self-actualization, reflections on the meaning of life and the need to reach one's full potential become more intense. This period of life presents a unique opportunity to say YES, chase your dreams and ultimately design your life in a way that provides fulfillment.

This motivational presentation inspires individuals to learn how they can thrive in this new era of increased vigor and extended life. The presentation helps the audience discover how an extended lifespan will change our lives, outlooks, vocations, relations and fiscal plans. In addition, the audience will be motivated (and moved) after hearing some of the phenomenal success stories of individuals who “reinvented” themselves and their lives after the age of 60!

“Aging can bring with it much loss; this presentation will motivate and inspire the audience to live their lives with the energy and happiness that they deserve.”

Rabbi Zalman Schachter-Shalomi

Founder, *Spiritual Eldering Institute*

Caring for the Caregiver

There are over 44 million unpaid caregivers in the United States, 10 million of whom are millennials — almost 133 million people in the U.S. have one or more chronic condition and by 2020 this number is expected to increase to 157 million Americans. Nearly one in three U.S. households is involved in caring for a relative or friend aged 55 or older. Many caregivers are caught between the needs of their young families and the daunting task of caring for their elderly relatives. Watching a loved one grow old is filled with emotional upheaval, and when you compound that with other stresses—rush-hour traffic, deadlines, sick children, dirty laundry—caregivers are often left holding the bag. They feel a pressure to be all things to all people, often ending up as the martyr and giving themselves the short end of the stick.

This witty presentation offers solutions by answering the seven key questions that a caregiver must face:

- How can I juggle my various responsibilities?
- Why do I feel so guilty?
- How can I get family members to help?
- How can I avoid butting heads with my parent?
- How can I foster my parent's independence?
- How can I cope with caregiving and a career?
- Will I ever get my life back?

"If you or someone you know is currently a caregiver you can't afford to miss this incredibly insightful and information packed presentation."

Debbie Korompilas

SVP and Head of Trust and Estate Services, *Bank of Montreal*

The Effects of Gender, Race and Class on our Aging Society

Our population is aging – but in a new and dynamic way. As the United States grows increasingly diverse, the mature population is becoming more racially and ethnically complex. The implications of gender, race and class on the life experiences of mature adults is of critical concern both in the U.S. and globally. Combined with advanced age, each of these influences increases the likelihood of health and social challenges in communities and organizations. Organizations must become committed to diversity with regard to their employees, products and services — knowledge is the first step in the right direction. Compelling research will be presented which illustrates how increased “diversity” among mature adults has heavily influenced their attitudes, values, perceptions, lifestyles, and opinions.

This presentation provides an opportunity to explore evidence based research findings associated with these various factors and offers innovative ideas to help support an increasingly eclectic population of baby boomers and mature adults.

create offerings that will adapt to a diverse aging population.”

Dr. Merrill Silverstein

Professor of Gerontology and Sociology, *Syracuse University*