



BARBARA WAXMAN
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APPEARANCES & MEDIA

CBS THIS MORNING

"Middlecence: How to Thrive in Midlife and Better"

<https://go.barbarawaxman.com/oscb>

HAPPY HOUR SHOW WITH CHIP CONLEY & DAVID STEWART

"Middlecence, aging, wisdom, and thriving in midlife."

<https://go.barbarawaxman.com/happy>

DEBBIE WEILL'S GAP YEAR FOR GROWN-UPS

"Exploring Middlecence: Adolescence with Wisdom"

<https://go.barbarawaxman.com/osdw>

HOW WOMEN LEAD

Board of Advisors, Speaker
howwomenlead.com/leadership

MODERN ELDER ACADEMY

Workshop Faculty/Leader
"The Consciously Curated Life"
<https://go.barbarawaxman.com/osmea>

LIFE STAGE EXPERT, COACH, GERONTOLOGIST, SPEAKER, AUTHOR

Barbara Waxman is the authority on Middlecence and a passionate advocate for aging, wisdom, and thriving in midlife. Her greatest mission is to shift cultural norms around aging, by establishing Middlecence as a new life stage. As one of the only Gerontologist coaches in the United States, Barbara founded Odyssey Group Coaching LLC. Drawing on decades of experience, Barbara offers her one-of-a-kind coaching model, Entrepreneurship Turned Inward®, and proprietary content including the Five Essential Elements® to help middlescents thrive personally and professionally.

She is the author of two books examining aging, including *The Middlecence Manifesto: Igniting the Passion of Midlife*. Her work has been featured on CBS This Morning, Marin Magazine, and Arianna Huffington's Thrive Global, to name a few. A Wexner Heritage Foundation Fellow, Barbara holds Masters Degrees in both Administration and Gerontology, with certifications from the International Coach Federation and The Hudson Institute.

Originally from New York, Barbara lives in Northern California. An inveterate globetrotter, she has 'repotted' in Italy and recently spent time on a 'leadership repotting' journey in India. Her community involvement includes work with ExtraFood, How Women Lead, and Beyond Differences.



BOOKS

