

Kathleen E. Sinclair

MEDIA KIT

KATHLEEN E. SINCLAIR



BIO

It all started when...my father died when I was 25. When I went to the hospital to retrieve his things, they handed me a brown paper bag. That was all. That was my father. As I left the hospital I wondered...did he have dreams? Was he happy with himself and his life? I didn't think so and I was angry. I thought to myself, "It was just a waste of a life," and I vowed that when I got older it wasn't going to happen to me. Since then, I have embraced who I am by being open to exploring my interests and embracing the challenges and opportunities life has thrown my way. I call this **"Fuck Aging!"** At 60 I earned a Master's Degree, and I learned tai-chi while becoming certified to teach. At 63, I joined the Peace Corp and spent two years in Ukraine teaching at a university. In my early 70s I spent three years living in Mexico. Today I still travel from country to state, I always land in a place where my home is a new adventure. I have never been happier with myself or my life.

Age: Last time I checked, 45

Work: Advocate for challenging the hell out of aging, Disrupt aging coach & mentor. Blogger. Best Selling Author. Speaker.

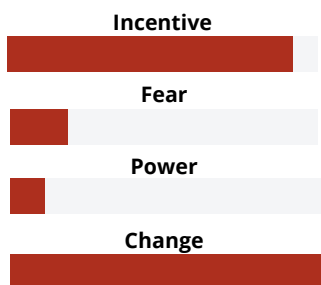
Family: 2 daughters, 1 granddaughter

Location: Planet Earth

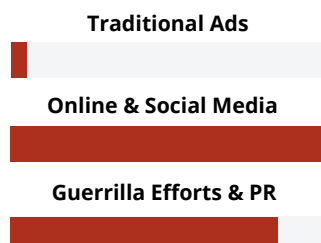
Personality



Motivation



Preferred Channels



GOALS

- To reach millions of people 40+ & teach them how to really live. #disruptaging #Fuckaging
- Build a movement across the USA that challenges the hell out of aging. A rally, a collective.

FRUSTRATIONS

- Excuses
- Boredom
- Close-minded people
- The use of and language around "getting old"

FAVORITE BRANDS



EILEEN
FISHER



Available for LIVE sessions, Interviews and Editorial Contribution

INTERVIEW KEY POINTS

#DisruptAging

#FuckAging

#KickAssSecondHalf

#Personalgrowth

#holyshitold

#HealthyLiving

- 1) How to challenge the hell out of aging
- 2) Define living the **F Aging** way of life
- 3) Advocate for Positive Mindset Mastery
- 4) Random Thoughts at 76
- 5) Why and how I plan on living to be holy shit old
- 6) How to be a traveler in your second half of life, not a tourist

LATEST WRITINGS

F Aging! A different point of view.

Staying Alive & Thriving

How and Where to find Opportunities as You Advance/Upgrade in Age.

FAVE QUOTE

"Create your own road map for aging.

It's your journey."

- Kathleen Sinclair

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Available for LIVE sessions, Interviews and Editorial Contribution