



BIO

HELEN HIRSH SPENCE

Speaker, writer, and age provocateur, Helen Hirsh Spence explains why we must confront ageism and reframe the aging narrative to live longer, healthier, and more purposeful lives.

- Keynote speaker
- Panelist
- Virtual presentations
- Seminars
- Workshops
- Breakout Sessions

Contact Helen Hirsh Spence to discuss your event and topic. She is happy to customize content to suit your needs and interests.

EMAIL:

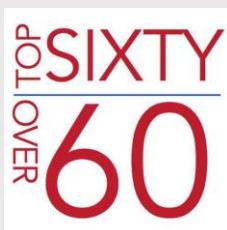
helen@topsixtyoversixty.com

WEBSITE:

topsixtyoversixty.com

PHONE:

613-864-2220



Helen Hirsh Spence’s passion for lifelong learning defines her five-decade career as an educator. It began in Munich in the early 70s, where she embarked on her teaching journey and gradually assumed increasingly senior leadership positions in the Canadian public and private education sectors. Her path, however, took a significant turn when she experienced the direct impact of ageism and recognized the potential implications of the upcoming demographic shift to ‘older’ on North America’s social and economic fabric.

Helen is the founder of “Top Sixty Over Sixty,” a trailblazing initiative aimed at transforming the narrative of ageing from negative to positive. Fearlessly tackling the challenges facing older adults, she champions age diversity and strives to educate others about ageism.

A well-respected and sought-after thought leader, Helen Hirsh Spence has appeared on a [TEDx stage*](#), in major national media outlets, on television, radio, and podcasts, and is invited to share her insights at conferences internationally as a keynote speaker. Her 2024 TEDx talk garnered over 100,000 views in its first month. Helen seizes every opportunity to promote an empowering perspective on aging, inspiring change for all generations.

Times change, things evolve, and humans adapt. Despite the reality that we are living significantly longer than ever before, our society stubbornly clings to outdated norms such as retirement. Helen focuses on longevity literacy (the possibilities and challenges of longer life spans). She exposes the impacts of age discrimination, promotes the unique strengths of older generations, and redefines what it means to grow old. She believes intergenerational collaboration and age equity are essential to thriving personally, professionally and economically in the 21st century.