



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:

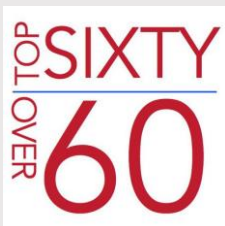
helen@topsixtyoversixty.com

WEBSITE:

topsixtyoversixty.com

PHONE:

613-864-2220



TESTIMONIALS

In a world where the definition of 'old' is constantly evolving, Helen and her 2024 TEDxKanata talk, 'Embrace Age with a Longevity Mindset,' is a beacon of inspiration and wisdom Helen passionately urges us to reject the outdated negative views on aging and, instead, celebrate it as the ultimate triumph of living.

Veronica F., VP, Marketing, Wesley Clover International & TEDxKanata Curator

~

Attending the plenary session on 'Shifting Our Mindset on Aging' with Helen Hirsh Spence was a transformative experience. Helen masterfully navigated the complexities of shifting demographics and deconstructing ageism with a depth of knowledge that was both refreshing and eye-opening. Her thought-provoking insights left a lasting impact on the audience, challenging us to rethink our perceptions and approach to aging.

Voula P., Board of Directors, SPEAQ, Montreal

~

Helen spoke at KPMG's International Women's Day event on the fascinating topic of ageism/ age diversity and in particular its impact on women. Her insights were eye-opening for many in our audience, and all evaluations reflected Helen's unique ability to engage her audience and how relevant and important the subject matter was. It has since become a topic of conversation among employees. Helen is an amazing advocate/speaker who can benefit any organization that wants to consider how to better attract, hire and retain an older workforce.

Laura T., KPMG Partner, ID&E council member, and women's network leader

~

Helen Hirsh Spence spoke at our Annual Symposium. Her presentation was titled 'Resetting Old – Tapping into the 60+ demographic'. Her presentation style was engaging and thorough. Feedback from the delegates was as follows: fascinating topic, very positive, fabulous information, really enjoyed, interesting statistics, very insightful and well explained.

Deborah Hartloff, Institute of Advanced Financial Planners

Helen, you've just presented the most convincing and motivational presentation I've ever heard of the benefits one gains as one ages. This, from a man of 88 who started work at 15, worked for 44 years and has now [been] so-called "retired" for 29 [years]. I know from experience how beneficial, productive, and meaningful the "Final Third" of our lives can be when we adopt what you call, 'The Longevity Mindset.'

@arthurthomasware5004

~

Great advice. Someday, when I get old (I'm only an octogenarian, now), I'll think back on this talk and remember that there is no expiry date on productivity and creativity. By absorbing Spence's advice, perhaps I can help my children and grandchildren to look to their futures with optimism.

Thanks for your thoughts.

@marathon1944

~

Congratulations on a wonderful overview of aging and the myths that dominate our society's misunderstanding of this natural process. Thanks for setting the record straight with your eloquent and compelling personal stories to support the facts and figures now available to us through research. Well done!

@doug dickson-k1s

~

Helen, I learned so much from your words, insights and stories. You've given me a whole new perspective on aging, and I want to share your message with those close to me to provide them with a new and expanded outlook on their lives.

@KimDeYoung

~

Helen is such an inspiration for people of all ages. At age 76 myself, I hope to become part of the action group that exhibits a longevity mindset. Bravo. Loved this talk!

@alwaysaboomer

~