



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



LEARN AND LEAD WITH LONGEVITY LITERACY

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. She believes intergenerational collaboration and age equity are essential to thriving personally, professionally and economically in the 21st century. Learn more about Helen by visiting Top Sixty's [OUR PEOPLE](#) page.

**Helen's TEDx talk had over 100k views in the first month (July 2024) and was the fourth most-viewed TEDx talk worldwide in that same month.*

[LISTEN TO HELEN](#) (2:42min).

POPULAR TOPICS

Audiences and industries from various sectors will benefit from talks or workshops on relevant issues like those below.

Age and Ageism

- Longevity literacy in the 21st century...*the longevity dividend and mindset.*
- Age as a strategic advantage and the benefits of age.
- Ageism; recognizing age bias, whether internalized, gendered, institutional, or elderspeak.

The Future of Work

- Multigenerational workforces are the new norm.
- Breaking down workplace age silos to build better organizational culture.
- The entrepreneurial mindset for older adults.

Previous clients include, but are not limited to:

- Bank of Montreal, U.S • Human Resource Council, Government of Canada • Conference Board of Canada
- United Nations • International Women's Forum
- Institute of Advanced Financial Planners • ADVOCIS (Financial Advisors Association of Canada) • Canadian Network for the Prevention of Elder Abuse • CanAge (National Seniors Advocacy Organization) • Cannexus (Canada's Career Development Conference) • Women's Abuse Center of Toronto • Dove • CABHI (Centre for Aging and Brain Health Innovation)

Testimonials are included in a separate document and on the [Speaking](#) Page of Top Sixty's website.