



**The Second Half  
of Life Studio**

# Who Are We Becoming in the Second Half of Life?

**With Hosts Minette Riordan,  
Ph.D. and Brad Dobson**



**Episode 1**

**SPONSOR**

**Reclaim your voice, creativity, joy, and sense of self in a soulful community for women ready to become the Queen of Their Own Damn Story™.**



**[minetteriordan.com/sisterhood](http://minetteriordan.com/sisterhood)**

# What we're covering today

## Segment One



### What We're Reading

Non-fiction books that Brad and Minette have recently devoured.

## Segment Two



### Main Conversation

We talk about who we find ourselves becoming in the 2<sup>nd</sup> half of life

## Segment Three



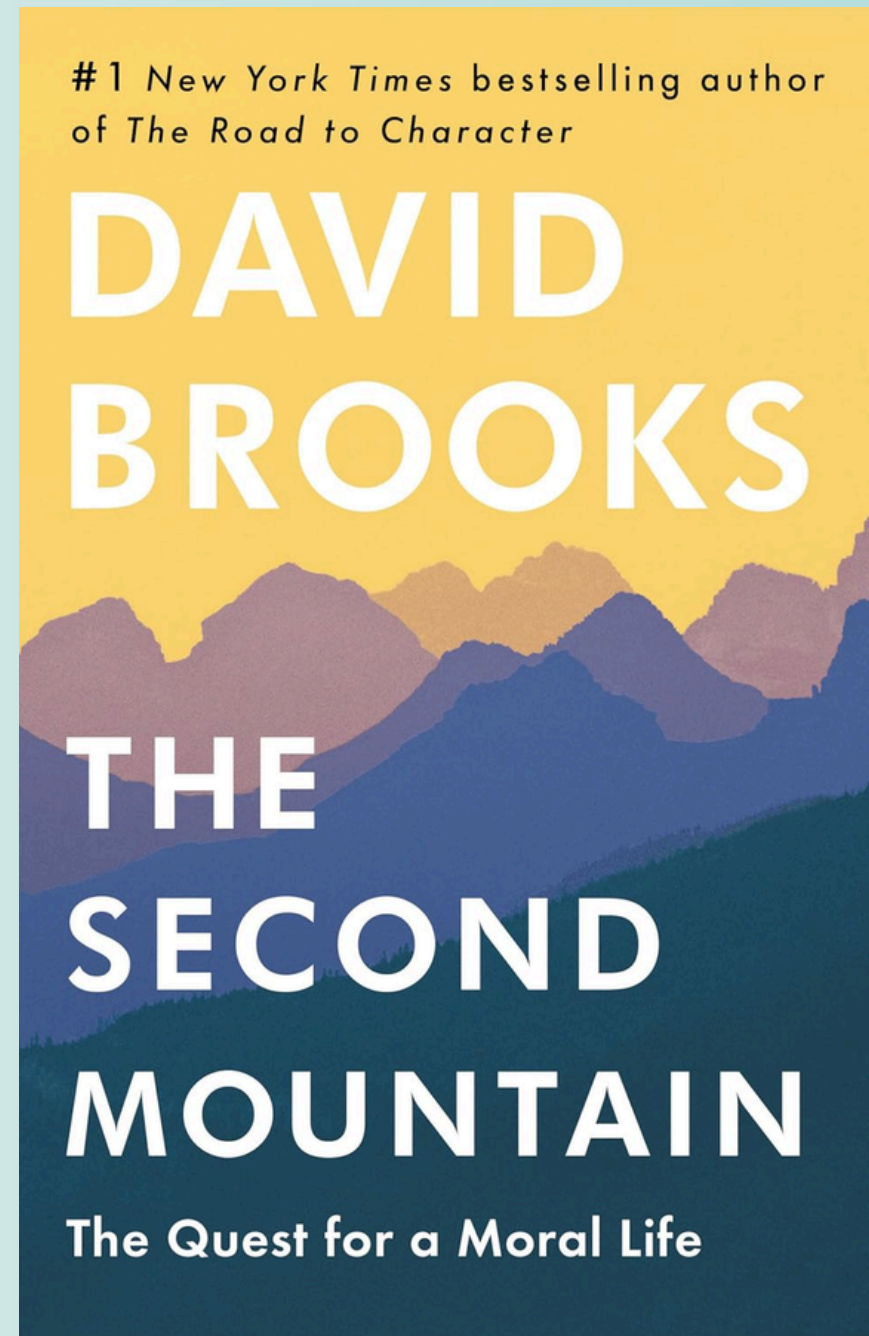
### Real-Life Wisdom

What's worked for us

## SEGMENT 1



# What We're Reading



Audience Check-in: Answer in Chat  
**HOW FULL ARE YOUR CLOSETS?**

**A**

**Afraid to  
open the  
door**

**B**

**Messy, but  
there is  
room**

**C**

**Neat and  
tidy**

## SEGMENT 2



# ***Conversation: Who Are We Becoming in the Second Half of Life?***

## SEGMENT 3



# Real-Life Wisdom

# Recap: What we learned today

## Segment One



### What We're Reading

"The Second Mountain"  
and "Release" were  
reviewed.

## Segment Two



### Main Conversation

What we're becoming.

## Segment Three



### Real-Life Wisdom

Journaling & Walking  
Together

COMING SOON

# Ep.2: Why Creativity Matters More As We Age