



Third Quarter Rocks

midlife hacks & more



FROM 1 (LOW) TO 5 (HIGH)
WHAT IS YOUR ENERGY LEVEL
TODAY?









ANY IDEA WHAT
THIS COULD BE?

JONATHAN RAUCH

'a genuinely helpful
guidebook to life'
Scott Stossel,
The Atlantic

'filled with sound lessons
on how to cultivate
happiness'
Wall Street Journal

The
Happiness
Curve

Why Life Gets Better
After Midlife

'a fresh and reassuring vision of aging'
The Washington Post

'absorbing'
The Times

WITH A NEW AFTERWORD

GREEN TREE

WHERE ARE
YOU
ON THE HAPPINESS
CURVE?

WHICH EMOJI OR WORD
REPRESENTS HOW
YOU FEEL ABOUT
MIDLIFE?



YOUR JOB

YOUR
IDENTITY &
SELF WORTH

YOUR
LEGACY

TRANSITIONS

YOUR
RELATIONSHIPS
(PARTNER, FRIENDS, KIDS, PARENTS)

YOUR
HEALTH &
WELLBEING

WE ARE IN GREAT COMPANY!

People aged 50–75 in the European Union (EU-27)

As of 1 Jan 2024 • Eurostat-based estimate

≈ 152 million people



Method: 50–74 (5-year age bands) + one-fifth of 75–79 to include age 75 only. EU-27 total population = 449.3m. Result is an approximation.
Source: Eurostat 'Population on 1 January by age and sex' (demo_pjan).

10 % OF WOMEN
IN THE LABOUR MARKET IN THE
G7 COUNTRIES ARE IN
(PERI)MENOPAUSE

(11%, EUROHEALTH)

LASTS 5 TO 10 YEARS
AT THE PEAK OF YOUR CAREER

YOU ARE NOT ALONE

1,2 BILLION

WOMEN WORLDWIDE
IN MENOPAUSE
BY 2030

WHAT IS
YOUR
PERSPECTIVE?
TWO OPTIONS

**third
quarter
rocks**







MORE

SELF KNOWLEDGE &

RESILIENCE

WORK-LIFE BALANCE

WISDOM

EXPERIENCE TO SHARE

CAPACITY TO COACH OTHERS



Bea Ercolini

THIRD
QUARTER
REINVENTORS

How did midlife change you as a person?

I love feeling I am a little wiser and not so fast as I used to be.

I take time to think instead of rushing head first.

I take things less personally.

I cultivate kindness and empathy.

I pull bad feelings or memories out of my mind/heart as you do with bad weeds.

Gardening is my meditation.

third



quarter



~~rocks~~ sucks





LESS

ENERGY

VISIBILITY & APPRECIATION

NEW ADVENTURES

CARE ABOUT OTHERS' OPINIONS



Julie Brown

THIRD
QUARTER
REINVENTORS

What are your top tips for positive aging?

- Consistency. Move your beautiful body and marvel at its design.
- Balance. Rest is as important as movement.
- Enjoyment. Bliss is a powerful energy boost.

But the best advice for a positive third quarter is very simple.

Just show up and stay open to wonder .

I am personally looking forward to each new discovery and each new opportunity to learn and grow.

A HUGE HORMONE SHIFT
HITS (WOMEN
AT THE TOP OF THEIR CAREERS

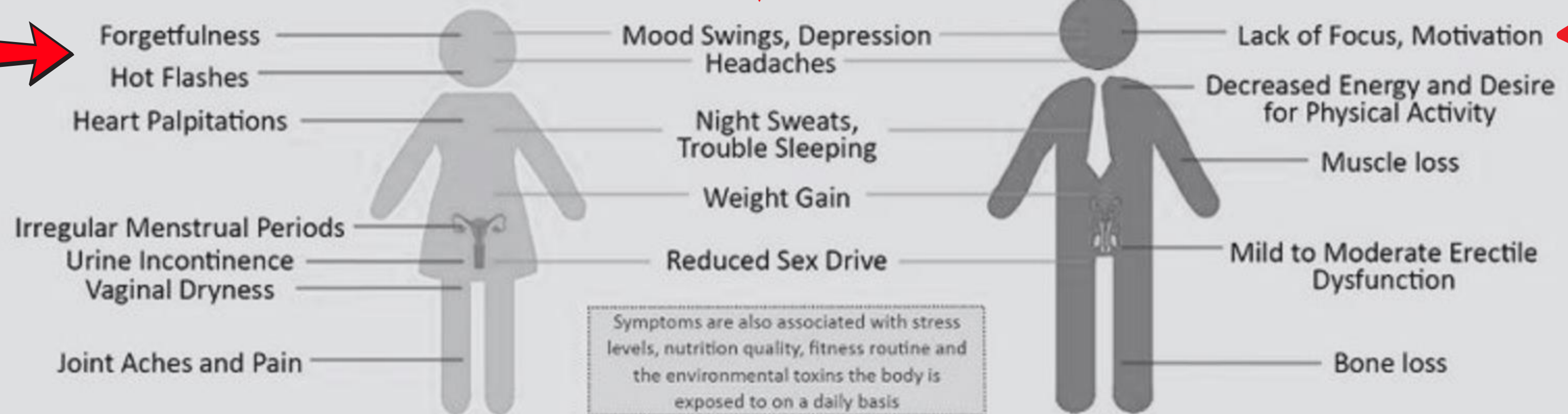


NOT ONLY WOMEN

MENOPAUSE & ANDROPAUSE



MENOPAUSE AND ANDROPAUSE



TO FULLY EMBRACE A NEW LIFE CHAPTER
YOU NEED TO **TURN THE PAGE**
GRIEF IS PART OF THAT JOURNEY



M E N O P A U S E
IS
NOT A
W O M E N ' S I S S U E

NEVER BEFORE
HAVE SO MANY WOMEN BETWEEN
THE AGES OF 40 AND 60
BEEN AT WORK.

NEVER BEFORE
HAVE SO MANY WOMEN BETWEEN
THE AGES OF 40 AND 60
BEEN AT WORK.

NEVER BEFORE
HAVE SO MANY DROPPED OUT.

FEITEN

59,3% LANGDURIG ARBEIDSONGESCHIKTEN VERSUS 46,8% VAN DE
TOTALE BEVOLKING OP BEROEPSACTIEVE LEEFTIJD
(FEDERGON)

BIJNA ANDERHALF KEER ZOVEEL VROUWEN ALS MANNEN TEN MINSTE
1 JAAR ARBEIDSONGESCHIKT
(HOGE RAAD VOOR WERKGELEGENHEID, DECEMBER 2021)

CHRONISCHE GEZONDHEIDSPROBLEMEN KOMEN VAKER VOOR BIJ
VROUWEN, VOORAL TIJDENS HET BEROEPSLEVEN. HET KLASSIEKE
ROLLENPATROON SPEELT HIERBIJ EEN ROL, MAAR OOK DE
(PERI)MENOPAUIZE
(HOGE RAAD VOOR WERKGELEGENHEID)

8 BILLION DOLLAR

THE IMPACT ON OUR GDP BY 2040
OF A BETTER APPROACH TO WOMEN'S HEALTH
(PARTICULARLY MENOPAUSE AND ENDOMETRIOSIS)

THROUGH HIGHER LABOR PARTICIPATION AND
PRODUCTIVITY

(MCKSINEY, 2024)

50 %

THE NUMBER OF WOMEN AFFECTED BY
MENOPAUSE AT WORK

1 / 4

SAY IT'S A TABOO TOPIC

(SECUREX, 2023)

WHAT ARE WE DOING ABOUT
IT?

SHARED RESPONSIBILITY

GOVERNMENT

EMPLOYER

EMPLOYEE

COLLEAGUES

INCLUSIVE WORK CULTURE

EACH OF US DESERVES
ACCESS TO THE RIGHT KNOWLEDGE,
MEDICAL SUPPORT, AND GUIDANCE
FROM OUR EMPLOYER
DURING THIS TRANSITION PERIOD.

LIKE WE HAVE BEEN DOING AROUND MATERNITY FOR YEARS.

W H A T

C A N

Y O U

D O ?

**People with a positive attitude
towards aging
live 7,5 years longer
on average**

Prof. LEVY, SLADE, KUNKEL, AND KASL, 2002

YOUR AGE DOES NOT DEFINE WHO YOU ARE
YOUR ENERGY DOES

WHAT ARE YOUR ENERGY GIVERS?



WHAT ARE YOUR ENERGY TAKERS?



THE HARVARD STUDY ON HAPPINESS

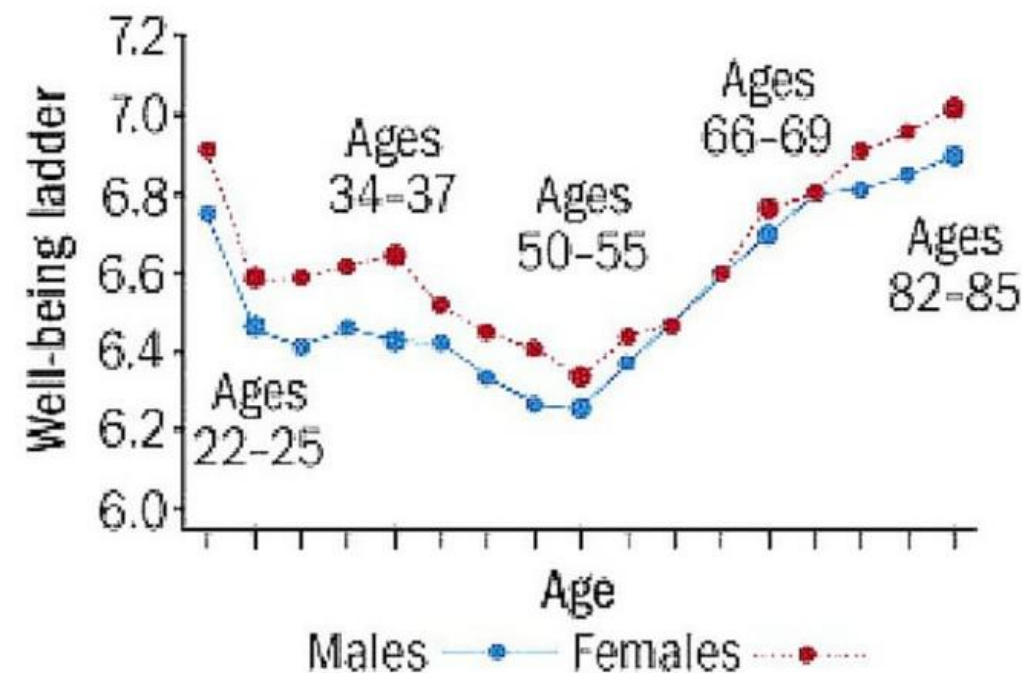
85 YEARS. 2000 LIVES. ONE PROFOUND TRUTH.



HAPPINESS AND AGE

Contrary to common assumptions,

Participants generally became happier as they aged, particularly from middle age onward.

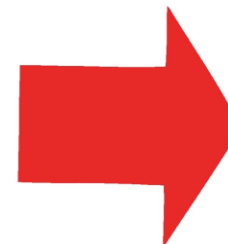


FINDINGS

The Study's most powerful finding is this —

The most important factor in determining your happiness in life,

is the Quality of your Relationships.



encore adulthood

*Boomers on the Edge of
Risk, Renewal, & Purpose*

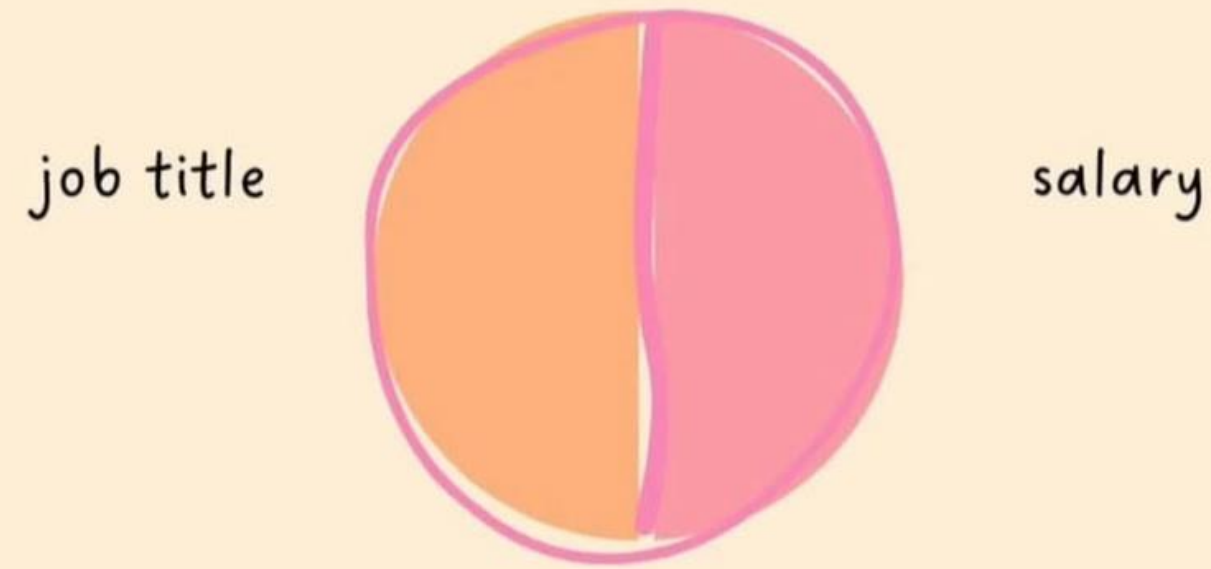
PHYLLIS MOEN

third
quarter
rocks

MOST OF US ARE
MOVING FROM AN INWARD FOCUS
TO AN OUTWARD FOCUS

(SOURCE: THIRD QUARTER SCAN)

How we are **TAUGHT** to measure success



A **BETTER** measure of success



BE YOU

EVERYONE ELSE IS ALREADY TAKEN

IF NOT NOW, WHEN?

YOUR KEY TAKE AWAY TODAY



[www.thirdquarter.b](http://www.thirdquarter.be)

Midlife^e Hacks

to navigate your third quarter



“

You stopped counting the years since you turned 50, your career ambitions are fulfilled, your kids are out of the house? You are blessed with good health?

Then you are just like us, Elke & Jo from Brussels. Two careers, 5 kids by 5 parents, 1 granddaughter. In love with each other and life.

The Third Quarter changed a lot in our lives. At times it rocks, at times it sucks.

As naturally born optimists, we believe the best is yet to come. With more me-time and we-time, now is the time to move, explore, rediscover, travel, breathe, take turns, cherish family and friendships, give back, embrace new adventures, read, sing and dance every single day ☀️

An idea born in the desert of Oman, celebrating our 15 years together ❤️

Elke & Jo



TAKE OUR 5 MIN. MIDLIFE SCAN
TO FIND OUT WHERE YOU ARE TODAY &
RECEIVE LIFE TIPS IN YOUR MAILBOX

WWW.THIRDQUARTER.BE