

# The *Fabulous*

Motivational Speaker | Transformational Author  
Personal Development Coach

## Moving Forward Fierce, Focused and Full of Life!

# SONDRA J. WRIGHT



*If you're looking for a speaker with contagious energy and the ability to ignite a spark that causes meaningful change, Sondra Wright is your winning choice!*

**Sondra Wright** entertains, educates, and provides a meaningful message that inspires and motivates women to move through midlife with passion and purpose. Using her talents as an **author**, **certified behavior management specialist** and **authority on women and aging**, Sondra delivers an energetic presentation that creatively combines practical wisdom, funny and insightful anecdotes with eye opening ah-ha's and useful take-aways, that leave her audiences on fire for ***Moving Forward Fierce, Focused and Full of Life!***

Sondra has inspired thousands of women to shatter the veil of limiting beliefs and connect with their greatness, rejuvenate their passion, defy cultural norms to create their own authentic midlife and attract greater possibilities than they ever thought possible.

### A message from

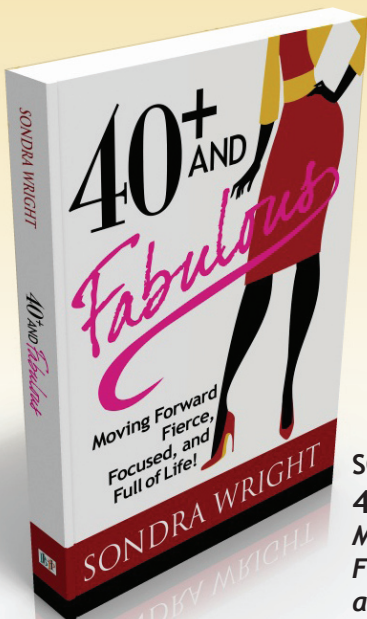
# SONDRA

“Too many women are letting the best years of their life pass them by because they haven't fully realized these **ARE** the **BEST** years of their life.

**Moving Forward Fierce, Focused and Full of Life** is a choice and a mindset.

My practical tips, compelling insights, and real life strategies have helped so many women overcome the roadblocks that have stunted their growth – transforming them from their own worst enemy to their new best friend. If

there were ever a perfect time to write an amazing new chapter in your life – that time is NOW!”



SONDRA'S BOOK  
**40+ and Fabulous**  
*Moving Forward Fierce, Focused and Full of Life!*

### TESTIMONIALS

“It was so exciting to watch the women in our organization come alive under your respectful, supportive guidance.”—**Phyllis Avery, Operations Manager, Citi Cards**

“Sondra you were a hit! I knew you were going to be great, but you were possibly our best speaker ever.”—**Cindy Farmer, Anchor, Fox 8 Morning and Noon News**

“After attending your event I have found my purpose and passion! Thank you for inspiring me and letting me know age is truly just a number!”—**Dana Lee Hines**

### KEYNOTE TOPICS

**MIDLIFE REFORM SCHOOL** Redefining everything you thought you knew about aging  
**YOUR INNER “OLD MAID”** She is one tough critic! How to call her out and put her in her place  
**HEY! LET GO MY EGO!** How to get over yourself and get on with your life  
**ACT II – NEW YOU** Finding passion, purpose, power and possibilities in midlife and beyond

[www.40plusandfabulous.com](http://www.40plusandfabulous.com) ■ [fortyplusandfab@gmail.com](mailto:fortyplusandfab@gmail.com)

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Last of the Boomers, Leader of the 40+ and Fabulous Movement!