

CATHERINE GRACE O'CONNELL

Mastering Modern Midlife



ABOUT ME

My first 55 years were characterized by abuse, trauma, shame, and silence.

I found my Voice. It's what saved my life. It's my Superpower. At almost 60, I've stepped into the beauty of Midlife and my mission is to assist women at Midlife & Beyond to believe in themselves, to reinvent, to rewire, to be relevant, and to create the life of their dreams.

I believe in Sisterhood, in being Heart-Centered, in Diversity and in Collaboration rather than competition. After 30 years of studying and mastering the inner world, I know now that life is meant to be lived from the Inside-Out rather than Outside-In. Oh Yeah and there's no mean girls allowed!



INSPIRATIONAL LIFESTYLE BLOG

My creative platform for
Inspiration, Fashion, Beauty,
and all things Midlife!



GLOBAL FACEBOOK COMMUNITY

Highly engaged, supportive and
celebratory Sisterhood for
women at Midlife & Beyond



DIGITAL MEDIA AGENCY

Female focused production and
content creation company. We have
Midlife women on speed dial!

My Talk Show



I've hosted over 80 show episodes. Researching and interviewing people is my passion!

I've been fortunate to connect to amazing guests such as Hannah Storm, Joan Lunden, Laird Hamilton, Cheryl Richardson, Women's Day Editor-in-Chief Meaghan Murphy, Christie Hefner, MIT AgeLab Director Dr. Joseph Coughlin, Danielle LaPorte, Jen Sincero, Oprah Winfrey Show Producer Sheri Salata, Supermodels Kelly Emberg, Nancy Donahue, and Veronica Webb, Meditation Master Davidji, and coauthor with the Dalai Lama, Michel Pascal, and many more. My focus is always on the human story rather than the celebrity.

MY DEMOGRAPHIC

WOMEN 35+

Women at Midlife & Beyond are the most powerful demographic on the planet. Gifted with years of wisdom and life experience, an ability to maintain vibrancy and health, and having had the opportunity to create a pocketbook to match, we control 80% of the nation's disposable income. Ignore us at your peril! We represent the largest group of entrepreneurs starting businesses. The future is female and it's Female Over 50! We are the Perfect Storm.



WHO I AM

CHIEF EXECUTIVE CAT-ALYST
CATHERINEGRACEO

Finding my Voice opened up a whole new world filled with possibility. Creating became my passion. Without any formal training other than 30 plus years living a Spiritual Path, I am a Motivational Speaker, a Journalist, a Talk Show Host, a Model, a Media Producer, a Writer, an Event Host and Master of Ceremonies, and the compassionate Founder of a Global Sisterhood of Women.

Most importantly, I've mastered my fears and become something I never thought to be: A Leader.

My most important responsibility is creating other leaders!

MY DREAM

FOR WOMEN
AT MIDLIFE &
BEYOND

To be the Cat-Alyst and spark, igniting the heart of a woman to awaken and join me in creating a vibrant and powerful Midlife, one filled with purpose and possibility; a Midlife with Meaning. I believe in a world of diversity, inclusion, tolerance, and acceptance a world without the stigma of 'ism's' including Ageism. Women at Midlife & Beyond are beautiful, wise, compassionate, and a true Sisterhood.

I matter. You matter. We all matter.
Midlife Matters.