



THE 2025 NEXT GEN WOMEN'S LEADERSHIP, ENTREPRENEURSHIP, POSITIVE PSYCHOLOGY, SPIRITUAL LEADERSHIP CONFERENCE

MAY 02, 2025 | VIRTUAL CONFERENCE

What if midlife wasn't a season of "settling" but the season where you soar? What if this chapter of your life—right now—became the most powerful, fulfilling, and purpose-driven one yet?

The term "midlife crisis" was first coined by a man in the 1960s, based on the idea that this stage of life is marked by turmoil and struggle. But let me tell you something: midlife is NOT a crisis. For women, it's a calling—a time to rise, reinvent, and claim the extraordinary life you're meant to live.

Think about women like Oprah Winfrey—who didn't just "survive" midlife but used it as a launchpad to create her legacy. Or Lisa Nichols, who turned her challenges into triumphs and now inspires millions. These women didn't accept limits—they rewrote the rules. And in this presentation, I'll show you how you can do the same.

With over two decades of experience coaching women just like you, I've seen lives transformed. I've witnessed women break free from fear, self-doubt, and overwhelm to design lives of clarity, confidence, and purpose. These aren't just ideas—they're proven principles that have changed lives, including my own.

I'll pull back the curtain on the powerful framework and mindset shifts that world-class women like Oprah and Lisa use to turn their dreams into reality. And here's the truth: midlife isn't about what you've done in the past—it's about what you're ready to create next.

In this presentation, I'll share my Proven 3-Step Framework—a simple but powerful process that has helped women achieve vibrant health, discover financial freedom, build deeper relationships, and reignite their passion and purpose.

By the end of this presentation, you'll walk away with:

- The Clarity to see exactly what's next for you.

MIDLIFE MINDSET BLUEPRINT – A PROVEN 3-STEP FRAMEWORK FOR MASTERING YOUR RESULTS AND UNLOCKING YOUR NEXT CHAPTER

Dr. Mavis M. Alaimalo, PsyD

Empowerwithdrmavis, USA

- The Confidence to pursue it with boldness and courage.
- A Proven Framework to create the extraordinary, Bada\$\$ life you've always dreamed of.

As highlighted in Millennial Magazine's article, Midlife Crisis for a Woman: Personal Growth Replaces Old Fears, today's women are flipping the script. Midlife isn't about limits—it's about expansion. It's a mindset shift, a deliberate choice to rise above old fears and boldly create a life that feels joyful, purposeful, and uniquely yours.

So...This is your moment my friend—your time to rewrite the story and make this Bada\$\$ Era of Becoming... the most extraordinary one yet!

#LMFG!

Biography

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

From the shadows of public housing and gangs to illuminating the path for thousands of women, Dr. Mavis Alaimalo's journey embodies a truth she lives to share: your circumstances and conditions don't define your destiny.

As the daughter of Pacific Islander immigrants who left everything behind for the American Dream, only to face the challenges of public housing, poverty and cultural constraints, Dr. Mavis now stands as living proof that a woman's power emerges not from perfect conditions, but in embracing her full story – recognizing every circumstance as divine preparation for her higher calling and an awakening to her long-dormant sovereignty.

Drawing from both her clinical psychology expertise and profound personal transformation, she has developed a revolutionary approach that speaks to both the head and heart. Her unique Leadership Trifecta which integrates psychology, feminine power & intuition, and faith-informed