



Wolfe Wisdom

Mid-life • Mission • Mess

Not Just Another Follow: My Story & Value

Real Talk | Midlife Mindset | Resilience | Community

Follow me on TikTok @wolfewisdom0

My Story & About Me



I'm Mandy Wolfe—a 55-year-old American mum, entrepreneur, and community builder who's spent the last 20+ years in the UK. My journey has been anything but ordinary:



- I've navigated marriage, divorce, and the challenge of raising two daughters alone in a foreign country, far from my family and everything familiar.
- I've juggled four jobs at once, battled mental health and body image struggles, and rebuilt my life from scratch—more than once.
- I've learned to adapt, upskill, and reinvent myself, teaching myself everything from bookkeeping to business management, project leadership, and digital marketing.
- I've worked in sales, finance, health clubs, and NGOs, and I've started and run limited companies and community interest companies (CICs).
- I've produced a documentary, published a 135+ page how-to guide for grassroots organisations, and coached others through business launches, career changes, and personal reinventions.
- I've navigated the ups and downs of dating as a single mum, learned to blend American and British customs, and built a support network from scratch.
- I've faced menopause, weight gain, grey hair, wrinkles, and the realities of ageing—without the luxury of expensive fixes.
- I've learned to find joy in small moments, to keep moving forward, and to help others do the same.

What I Offer & Why Follow Me

FOLLOW ME

Why follow me? Because I'm building a total lifestyle community for women—especially single mums and women over 50—who want real talk, real support, and real solutions.

Here's what you'll find here:



- **Career & Business Advice:**
 - Coaching and mentoring for career pivots, upskilling, and confidence-building
 - Practical help for SMEs, B2B, sole traders, limited companies, and CICs
 - Guidance on business governance, policies, and procedures
- **Personal Growth & Resilience:**
 - Mindset resets, motivation, and self-care strategies
 - Navigating mental health, burnout, and overwhelm
 - Tips for staying organised and building healthy routines
- **Health, Fitness & Lifestyle:**
 - Healthy eating plans (with room for cheat days!)
 - Exercise and walking routines for real women, by a real woman
 - Honest talk about menopause, weight gain, ageing, and self-acceptance
 - Affordable beauty, makeup, and style tips for women over 50
 - Where to shop, where to go out, and how to travel on a budget
- **Community & Connection:**
 - A safe space for sharing stories, advice, and support
 - Community Zooms, Q&As, and live chats (coming soon!)
 - Free guides, checklists, and resources for every stage of your journey

I'm not perfect, and I don't pretend to be. But I'm proof that you can keep learning, keep growing, and keep thriving—no matter what life throws at you.

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What's Next & How to Join

Wolfe Wisdom is just getting started.



If you've made it this far, you're already part of something powerful—a movement for women who want more, need more, and deserve more.



Coming Soon for My Followers:

- **The Wolfe Wisdom Mantra Guide**

A printable collection of affirmations, mindset resets, and daily mantras to help you stay grounded and fierce.

- **TikTok for Beginners (Over 40 Edition)**

A no-fluff, step-by-step guide to help you show up online with confidence—even if you've never posted before.

- **The Wolfe Wisdom Help Series**

A growing library of eBooks, checklists, and video guides covering:

- Navigating the workforce as a woman over 40
- Raising kids while building a life you love
- Paying bills, upskilling, and finding your purpose
- Self-care, healthy eating, movement, and feeling good in your own skin

- **Travel Wisdom: From 5-star to 3-star & thriving**

I've created templates and methods for:

- Searching and booking hotels and accommodations
- Researching local areas and preparing for the destination
 - Budgeting for travel without sacrificing joy
- Packing efficiently and planning for airport logistics

***Follow me on TikTok for daily inspiration,
real talk, and a community that gets it:***

👉 <https://www.tiktok.com/@wolfewisdom0>

***You're not too old. You're just getting started.
Let's build something beautiful—together.***