

| APRIL 2025



WELCOME TO:

The Authentic Journey

A Monthly Newsletter

so glad you're here!

Building Courage & Resilience

At 50 and beyond, many women find themselves standing at a powerful crossroads. The kids may be grown, careers might be shifting, relationships may have evolved—or ended—and the question becomes: What's next for me?

This stage of life isn't an ending; it's a bold new beginning. But stepping into something new requires two powerful allies: courage and resilience.

This month's focus is on working through fear and building your resiliency muscle.

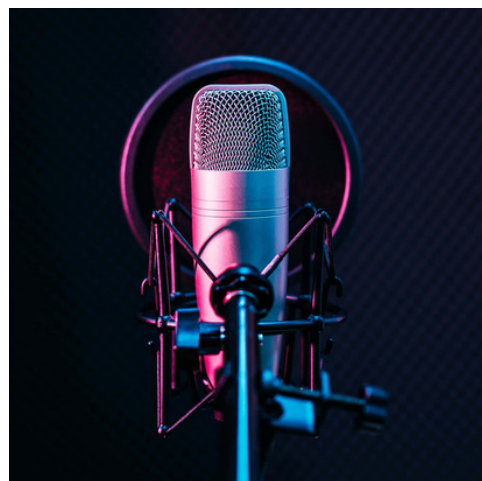
Courage and resilience aren't about being fearless or perfect. They're about showing up, honoring who you are, and believing that your best chapters might just be ahead.

Your Guide,
Denise Walsh

Resource of the Month

PODCAST: A BIT OF OPTIMISM - SIMON SINEK

Whether you're navigating change, seeking inspiration, or just trying to stay hopeful, A Bit of Optimism delivers gentle, authentic encouragement to fuel your next brave step. Sinek engages in thoughtful, heartfelt conversations with a variety of guests—from authors and entrepreneurs to educators and everyday heroes—who offer insights into what inspires them and keeps them moving forward.



True North Spotlight



Seasoned, Strategic, and Still Rising - A Conversation with Deb Tobin - CCO, Easterly Investment Partners

At a stage in life when many professionals begin to slow down, Deb Tobin is stepping into her most impactful chapter yet. With over two decades of experience in compliance, risk management, and regulatory leadership, Deb has charted a career marked by precision, integrity, and strategic foresight. Now serving as Chief Compliance Officer at Easterly Investment Partners, she exemplifies what reinvention after 50 truly looks like. In this candid conversation, Deb shares the insights, pivots, and passions that have shaped her journey—and what it means to reinvent the second half of life.

Q: You've had such an accomplished career in compliance and risk management. What first drew you into this field and how did you get there?]

Deb Tobin: Like a lot of people in compliance, I fell into it! I was working in another department at Fidelity when the then compliance officer decided to retire. She recommended I replace her in the role, based on other projects we had worked on together over the previous couple of years. Each subsequent move has offered new opportunities to grow both personally and professionally.

Q: You've held major leadership roles well into your 50s—and now 60s—including becoming Chief Compliance Officer at Easterly Investment Partners this year. How has your mindset about career and purpose evolved in this chapter of your life?

Deb Tobin: Becoming CCO has been a professional goal since I graduated with my MBA. I feel confident in this role but still remain teachable. An area where I've really been leaning in over the past five years has been mentoring other women who are navigating a financial services compliance career. It's critical that we help one another – in fact, in some ways these women help me more than I think I do them!

Q: What does confidence look like for you now compared to your 30s or 40s?

Deb Tobin: Many women believe their major career trajectory is from their early 20's through 40's. However, during those years, I was raising my children and really wasn't sure what I wanted to be "when I grew up". I believe the biggest period of growth for me was between 40 and 60. It was during that time that I changed careers and decided to go back to school. Getting my MBA was terrifying but it really boosted my self-confidence. It also provided me an incredible personal and professional network of successful women that I'm thrilled to continue to call friends. We help each other, and knowing that we are there for one another has been incredibly empowering.

Q: If you had a message for women entering their next chapter after 50, what would it say?

Deb Tobin: Take steps – even small ones – toward your goals, whether that's taking a class, listening to a podcast, reading a book, reaching out to someone for coffee to pick their brain. You can't move forward by staying in place. Forward motion is critical to making things happen. You'll be surprised how speaking your intentions into the universe and sharing them with others can help open doors you didn't even know were there.



Mind, Body and Soul Spring Cleaning

Just as we open the windows, dust off the shelves, and donate what no longer serves us in our homes—our bodies deserve that same loving attention this season. Spring is nature’s invitation to reset, realign, and renew.

But we’re not talking crash diets or bootcamps. This is a mindful reinvention—a gentle but powerful “clean sweep” that honors your body for all it carries and gives it the care it needs to thrive.

Body

Here are three ways to invite fresh energy, clarity, and vitality into your life:

Clear Out What’s Weighing You Down

Eliminate processed “convenience” foods for whole, vibrant meals. Reevaluate alcohol, sugar, or caffeine habits and reset if needed. Hydrate like it’s your new best friend. Let go of anything that’s dragging you down physically or emotionally.

Create Space for Energy & Ease

Movement is a form of spring cleaning too. Not punishment—play. Gentle stretching, walking outdoors, and even dancing in your kitchen open up stuck energy and clear the cobwebs. Ask yourself: What kind of movement brings me joy—not just results? Then do more of that.

Refresh Your Relationship with Your Body

It’s called a mindset detox. Clean out the negative self-talk. Ditch the “I should have...” or “If only I were thinner/fitter/younger.” Replace it with: “Thank you, body, for getting me here.” “I treat my body like someone I love.”



Push Past Fear & Take Action

If fear is whispering “stay safe.” Resilience says, “you were made for more.”

There’s something powerful happening in the lives of women over 50. It’s not a midlife crisis—it’s a midlife awakening. And at the heart of it is the decision to face fear and choose courage.

If fear has been holding you back, here are three simple, powerful steps to begin moving forward:

I. Reframe the Fear

Fear isn’t failure—it’s feedback.* Ask yourself: What is this fear trying to protect me from? Then flip the script: Instead of asking “What if I fail?” ask, “What if this is the beginning of something beautiful?”

II. Take One Small Step

You don’t have to take a giant leap—just move. Make the call. Say yes to the invitation. Try the class. Small, meaningful steps create momentum, and momentum builds confidence.

III. Build Self-Trust

Every step you take says: “I’ve got this.” Speak kindly to yourself. Keep promises to YOU! Celebrate even the tiniest wins. Fear loses its grip when your belief in yourself grows stronger.

Own Your Next Chapter

The True North Success Program

Find Your Authentic Compass in 12 Weeks

CURRENT LOCATION:
42°26'04.6"N 71°27'19.8"W

DESTINATION: TBD

What's Next? Find Your Authentic Compass in 12 Weeks - A Signature Coaching Journey for Women 50+

This is your personalized coaching program. Here is what you will receive:

- A **Proven System** to clearly identify the area of your life that feels out of sync—whether it's your health, relationships, vocation or you are looking for more freedom with your time and money.
- **Guided Visioning Sessions** to help you see what's truly possible—reconnecting you with that inner spark and painting a bold, beautiful picture of your next chapter.
- An **Aligned Action Plan** that breaks your vision into doable, meaningful steps—so you stop spinning in “someday” and start moving forward now.
- **Support in Overcoming Inner & Outer Obstacles**—including mindset, self-doubt, or life logistics—so you stay grounded, inspired, and supported every step of the way.

If you're ready to stop asking, “What's next?” and start answering it with clarity, courage, and joy—this is your moment.

Click the link below to schedule your free discovery call. Let's talk about where you are, where you want to go, and how I can support you in getting there.

[OWN YOUR NEXT CHAPTER](#)



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