

LEADERSHIP REIMAGINED

A Practical Leadership Reset for Experienced Women 45+

**A FREE DOWNLOADABLE TAKEAWAY FROM
EXPERIENCE IS THE ADVANTAGE FOUNDATION**

**You are not starting over.
You are deciding how your experience will lead next.**

Use this guide to assess where you are, redefine how you lead, and identify the next moves that will increase your visibility, influence, opportunity, and impact.

1 | The Leadership Reset

Leadership changes as we do. The title may change. The company may change. The market may change. Your experience does not disappear. The question is whether you are intentionally positioning it for what comes next.

Quick Leadership Check-In

- ☐ I can clearly explain the value I bring as a leader today.
- ☐ My professional brand reflects who I am now, not who I was five or ten years ago.
- ☐ Decision-makers outside my immediate circle know what I do well.
- ☐ I am building relationships before I need an opportunity.
- ☐ I understand how AI and workplace changes affect my field.
- ☐ I have more than one pathway for using or monetizing my expertise.

Which statement needs the most attention right now?

2 | Reclaim Your Leadership Value

Your experience is more than years worked. It is the problems you know how to solve, decisions you can make, people you can influence, risks you can anticipate, and results you know how to produce.

My Leadership Value Inventory

PROMPT	MY RESPONSE
Three difficult problems I know how to solve	
Three measurable results I have produced	
What people consistently come to me for	
Leadership strengths I bring into a room	
Industries/functions where my knowledge has value	
Experience I could teach, advise, consult, or speak about	

3 | Rewrite Your Leadership Narrative

Do not lead with your years of experience alone. Lead with relevance, value, and outcomes.

Complete this statement:

I help _____ solve _____ by using my expertise in _____, so they can _____.

Now make it stronger. What proof or result supports that statement?

4 | Visibility Is a Leadership Strategy

Strong work does not automatically create visibility. Experienced leaders need a deliberate strategy for being known for the right things.

My Visibility Audit

- ☐ My LinkedIn headline communicates value, not simply a job title.
- ☐ My About section clearly explains the problems I solve and results I create.
- ☐ I regularly share useful professional insight or thought leadership.
- ☐ I stay connected to former colleagues, executives, clients, and partners.
- ☐ I participate in professional, industry, community, or board networks.
- ☐ I can name five people who could advocate for me in rooms I am not in.

Three people I need to reconnect with this month:

One topic I should become more visible for:

5 | Build Your Opportunity Portfolio

The next chapter does not have to depend on one employer. Consider where your experience can create both impact and income.

PATHWAY	INTEREST?	NEXT STEP
Executive/leadership role	☐ Yes ☐ Maybe	
Consulting or advisory work	☐ Yes ☐ Maybe	
Entrepreneurship	☐ Yes ☐ Maybe	
Board service	☐ Yes ☐ Maybe	
Speaking/facilitation	☐ Yes ☐ Maybe	
Coaching or mentoring	☐ Yes ☐ Maybe	

Teaching/training	☐ Yes ☐ Maybe	
Fractional leadership	☐ Yes ☐ Maybe	

6 | AI Without Losing the Human Advantage

AI can accelerate research, writing, analysis, preparation, and productivity. It does not replace the judgment, context, relationship intelligence, ethical decision-making, and pattern recognition built through experience.

This month I will learn or improve:

- ☐ Using AI for research and idea development
- ☐ Using AI to strengthen résumé/LinkedIn positioning
- ☐ Using AI for interview or presentation preparation
- ☐ Using AI to analyze information and summarize decisions
- ☐ Using AI to improve business productivity
- ☐ Understanding AI risks, privacy, bias, and responsible use

One task I will begin using AI to support:

7 | Your Leadership Reimagined 30-Day Plan

WEEK	FOCUS	ACTION	DONE
Week 1	CLARITY	Complete leadership value inventory and rewrite leadership statement.	☐
Week 2	VISIBILITY	Update LinkedIn positioning and reconnect with at least five strategic contacts.	☐
Week 3	RELEVANCE	Identify one AI/technology skill and one professional skill to strengthen.	☐
Week 4	OPPORTUNITY	Pursue at least three opportunities across employment, consulting, business, board, or speaking pathways.	☐

8 | My Next Three Moves

Do not leave this exercise with a list of ideas. Leave with decisions.

MOVE 1: _____

Deadline: _____ Person/resource that can help: _____

MOVE 2: _____

Deadline: _____ Person/resource that can help: _____

MOVE 3: _____

Deadline: _____ Person/resource that can help: _____

My Leadership Reimagined Declaration

I will not measure my future only by the title I have held or the company that employed me. I will recognize the value of what I know, remain relevant, make my experience visible, build new relationships, create new opportunities, and lead intentionally into what comes next.

**YOUR EXPERIENCE IS NOT YOUR EXPIRATION DATE.
IT IS YOUR ADVANTAGE.**

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