

DR. BRIDGET M. FINN



Dr. Bridget Finn is the Founder and President of Women Becoming, LLC, and the creator and host of Women Becoming—the magazine and the podcast that celebrate and support women as we navigate our journeys of transformation and reinvention in the wisdom years. This stage of life represents a powerful intersection of experience, wisdom, resilience, and yet to be discovered passion and potential. Her commitment is rooted in recognizing the unique strengths, challenges, and aspirations of women moving through this dynamic landscape. Drawing on decades of work with women in this season of life, Dr. Finn helps women step boldly into their next chapter—living intentionally, expanding creatively, and embracing their power and presence. She’s a therapist, coach, and women’s rights advocate with over 35 years of experience helping women create happy, healthy, vibrant, inspired lives while navigating the burden and reality of patriarchy, oppression, misogyny, and inequality.

DR. FINN’S SIGNATURE TALK

THE WISDOM YEARS: OUR SEASON OF MORE

Expansion, Authorship, and Bravery in the Second Half of Life

The wisdom years are our time to claim space, speak our truth, and shape a life that reflects who we truly are and who we’re becoming. It’s our time to open wide—to live boldly, think expansively, and act with courage, to prioritize who and what truly matters to us, stepping fully into our own voice and presence.

Choosing to expand is an act of bravery.

Bravery to speak, to create, to say no, to say yes, to step into our fullest presence.

Bravery to take risks that feel aligned.

Bravery to live a life that reflects who we truly are now.

This talk invites women to reclaim and expand voice, presence, and authority in the wisdom years—with clarity, depth, and excitement.

What Your Audience Gains:

- Practical frameworks for intentional living in the wisdom years.
- Permission to release outdated roles and expectations.
- A clear lens on relationships, personal energy, and priorities.
- A sense of collective courage and creative expansion.
- Inspiration to live braver and wider than ever before.

Speaking Formats:

- Keynote Presentations
- Breakout Sessions/Panels
- Retreat Facilitation
- Half & Full-Day Workshops

THIS IS THE SEASON OF MORE. MORE TRUTH. MORE VOICE. MORE COURAGE. AND IT BEGINS NOW...

CONTACT

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