

Re-Imagine. Re-Wire. Re-Ignite.

The Midlife Leader's Guide to
Creating a Meaningful, Healthy &
Abundant 3rd Act



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Co-Creators of The Re-Ignite FrameworkTM

Helping Leaders move from uncertainty to clarity, confidence & certainty



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INTRODUCTION

Midlife isn't a crisis — it's a recalibration point.

A powerful moment where life, work, wellbeing and identity quietly ask to be re-examined.

For many senior and mid-career leaders — particularly in fast-moving industries like tech and telecom — this chapter arrives as a subtle but persistent unease:

*What does the future really hold for me?
Is this still the life I want?
What's next — and how do I design it well?*

This guide is designed to meet you right here

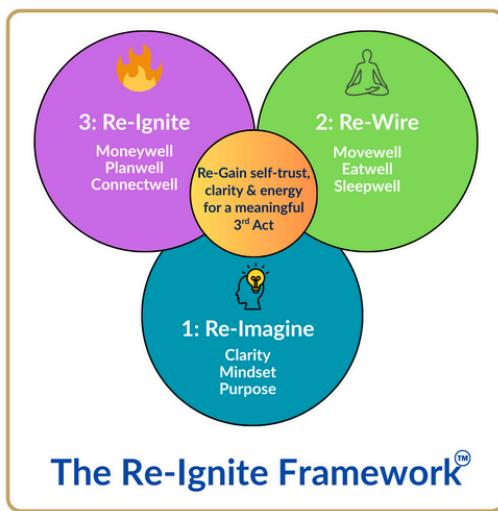
Using **The Re-Ignite Framework™**, you'll be guided through three intentional phases:

- **Re-Imagine** what matters now
- **Re-Wire** your mindset, wellbeing and inner systems
- **Re-Ignite** a future built on purpose, contribution and aligned action

Your 3rd Act isn't about starting over.

It's about designing what's next — with clarity, confidence and certainty.

"YOUR 3RD ACT CAN — AND SHOULD — BE YOUR BEST ACT."



1. RE-IMAGINE - Clarifying what matters now

Re-Imagining your 3rd Act begins by reconnecting with **who you are today** — not who you were a decade ago.

This phase is about:

- ◆ Honesty over autopilot
- ◆ Curiosity over obligation
- ◆ Choice over default paths

Many leaders arrive here successful on paper, yet quietly disconnected from themselves.

- ◆ What do I want my life to feel like in this season?
- ◆ What kind of work energises me now?
- ◆ What am I holding onto that no longer fits?
- ◆ What kind of legacy do I want to live, not just leave?

Re-Imagine helps you slow down long enough to ask the questions that create real clarity:

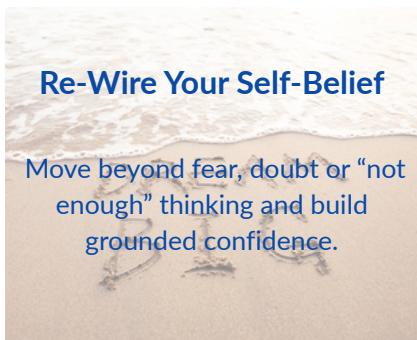
"CLARITY BEGINS WITH TELLING THE TRUTH ABOUT WHAT MATTERS NOW."



2. RE-WIRE - Updating Your Inner Systems

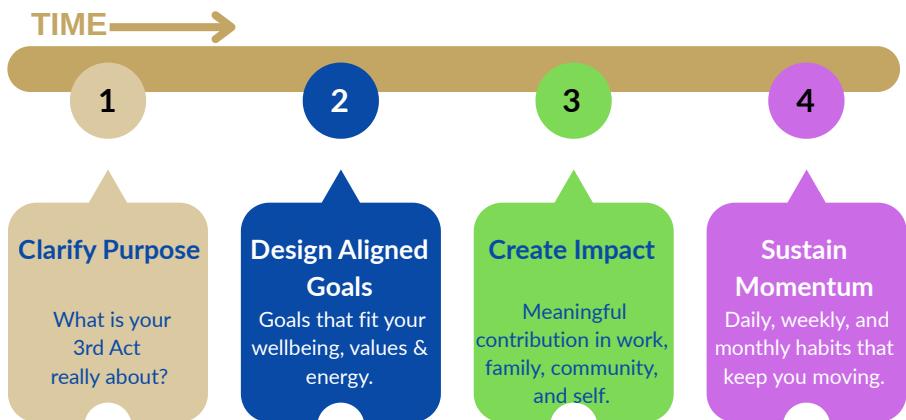
Once clarity emerges, the next step is upgrading the internal systems that drive your life – mindset, wellbeing, resilience and personal leadership.

Re-Wiring means intentionally shifting outdated patterns, beliefs and habits shaped in earlier chapters of your life. It's about releasing what no longer fits and strengthening what moves you toward the future you want.



"RE-WIRING ISN'T ABOUT FIXING WHAT'S WRONG – IT'S ABOUT UPDATING WHAT NO LONGER FITS."

3. RE-IGNITE - Activating Purpose & Momentum



Re-Igniting your 3rd Act is where your future stops being a concept and starts becoming your lived reality. Clients often describe this stage as “getting their spark back” — clarity, confidence and direction begin to align.



4. Living Your Legacy - Not Just Leaving It!

Living your legacy means showing up every day as the fullest, most authentic expression of who you are.

It's not something you leave behind at the end of life—it's something you embody through your choices, your energy, your relationships and the way you lead yourself now. Legacy becomes a daily practice, not a distant outcome.

It begins with prioritising your health, wellbeing and fulfilment.

When you feel grounded, energised and connected to yourself, everything you touch becomes more intentional and meaningful. You become the kind of person who influences others not through effort, but through presence.

Living your legacy also means doing work that aligns with your values and the season of life you're in.

It's shifting from "what I should do" to "what truly matters," from obligation to authenticity. When your work fits who you are today, it creates natural impact—professionally, personally and within the communities you care about.

Above all, it means choosing impact over obligation.

You stop living on autopilot and start contributing in ways that feel purposeful and aligned. You lead your life—not just your career—with clarity and intention. Legacy becomes less about what you leave for others, and more about the meaningful way you live right now.

"Legacy in Action"

- Be more present in relationships.
- Choose work that reflects your values.
- Make space for what matters, not just what's urgent.
- Lead your life with clarity and intention.

"LEGACY IS WHO YOU BECOME – NOT WHAT YOU LEAVE BEHIND."



5. Your Next Step

If you're ready to gain clarity, take back control, and step into a future you're genuinely excited about, the next step is simple.

Book Your 3rd Act Clarity Conversation.

In this conversation, you will:

- ✓ Get clear on where you are now.
- ✓ Explore what your 3rd Act could look like.
- ✓ Identify your next best steps.

[Click Here to Book Your Clarity Conversation](#)

“THE BEST IS YET TO COME.”



6. Meet Ali and Ron -

Re-Wired, Re-Ignited, and Dedicated to Your 3rd Act



We're Ali and Ron—partners in life for over 20 years, coaches for more than three decades, and co-creators of the *Re-Wire Your Life* pathway and *The Re-Ignite Framework*. Originally from New Zealand, we've lived and worked across both sides of the Tasman, eventually settling in Queensland in 2014 after a major turning point in our own lives.

Burnout, a corporate exit, and Ron's Multiple Sclerosis diagnosis became the catalyst for our own "rewire and relaunch." Instead of slowing down, we redesigned our life, our purpose, and our work—resulting in the coaching practice we run today.

We're a blended whānau of six kids, five grandies, and plenty of grand fur-babies, with family on both sides of the ditch. Australia and New Zealand are equally home, and our life experience across both countries deeply shapes our worldview, compassion, and coaching approach.

Why we do what we do...

Helping You Re-Imagine, Re-Wire, and Re-Ignite Your 3rd Act

We believe everyone deserves a life that feels meaningful, energising, and aligned—especially in midlife and the 3rd Act.

Our work brings together decades of leadership, coaching, corporate experience, and lived transformation.

Together, we help people who feel stuck, burnt out, or ready for a new chapter reclaim clarity, confidence, and certainty about the path ahead.

Ali is a *Heart-Connected Midlife Re-Wiring Coach* who helps people reconnect their hearts and minds so they can think clearly, feel deeply, and move forward with purpose.

Ron is a *Midlife Re-Wiring Coach* who turns insight into action by helping clients design practical solutions and achievable roadmaps for their next chapter.

We complement each other naturally—different strengths, shared values, and a deeply aligned philosophy:

Simple, human, grounded, practical—and always transformational.