

Boomer Babes with Brilliant Dreams

www.BoomerBabesRock.com

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boomer
Babes
rock!

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Writer and Speaker

Dotsie Bregel is the founder of the National Association of Baby Boomer Women,

www.NABBW.com and

www.BoomerWomenSpeak.com, the number one sites on major search engines for "baby boomer women." She is passionate about supporting, educating and empowering women born between 1946 and 1964. She is a writer, speaker and expert on her generation of women. Her association is the only one devoted to addressing issues concerning 38 million of the healthiest, wealthiest, and best educated generation of women to ever hit midlife. He can be reached at dots@NABBW.com or 1-877-bboomer.



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1. Our Dream-Zine encourages boomer babes to achieve the dreams of our heart ...please share a dream you have achieved in your life and what you learned as a result of that achievement.

Ever since I was a young girl I wanted to be a mom. I wanted to get married and have a family. While suffering through four years of infertility, I thought that dream may be shattered. It was then we chose to adopt from Korea. We greeted our son at the airport on July 8, 1985, soon to be followed by our daughter two years later at the same airport. While waiting for her to arrive, I got pregnant. We have three children who are now young adults - a dream come true.

I learned that God did indeed have another plan in store for us and it's only when we listen and follow that we can live the life we're called to live.

2. Please share a life lesson that has altered your world significantly.

A life lesson that has altered my world significantly was a lesson in listening. Following the dream to launch a Web site to give boomer women a voice, www.BoomerWomenSpeak.com changed my middle years by giving me a new passion outside of my family. I since launched the National Association of Baby Boomer Women, www.nabbw.com to educate and empower boomer women. I totally believe I've been called to this work for the good of others. By the grace of God, I was intentional about meeting with him each morning to listen to what he thought my gifts were and how I could use them according to his plan.

3. What can you do now, as a boomer babe, you would never have done, or never could do, when you were younger?

At midlife, I'm now capable of setting healthy boundaries. When I was younger, I tried to please everyone. Now I know it's not necessary. I've also learned to pray before saying yes and jumping in with both feet. SO, healthy boundaries and discernment are two lessons I've learned through the years.

4. When you look at the boomer generation in general, what are you most proud of in the way of our accomplishments?

I am most proud of the way our generation empowers ourselves through education. Whether we use degrees or common research, we are lifetime students.

5. If you could give other boomer babes only ONE piece of important advice, what would it be and why?

I advise women to be still each day. Take time to leave the rat race and listen to what God has to say about how you lived the day prior, and how to live your best life for that given day. It's life changing.



www.BoomerWomenSpeak.com
A place to share from the heart. 

The #1 Site For "Baby Boomer Women" On Major Search Engines!
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