



## JUDY GOSS

### DESCRIBE YOURSELF IN A 5 WORDS.

Happy, ambitious, grateful, determined and open.

### WHAT INSPIRES YOU?

Life inspires me, I try to recognize spontaneous inspiration in the world, especially in small things like a beautiful flower.

### I'M GOOD AT...

Being loyal, organized and consistent

### I'M BAD AT...

Not knowing when to stop working, keeping calm inside when I have a lot going on with work and family.

### WHAT ARE THE HIGHLIGHTS OF YOUR CAREER THUS FAR?

As a TV Host - Interviewing Laura Bush Over 40 Females - Re-launching in the Fall of 2010 with a development company

### WHAT ARE YOUR GOALS FOR THE NEXT 5 YEARS?

To make Over 40 Females International

### HOW DID THE NAME OVER 40 FEMALES COME ABOUT?

It just hit me on Jan 1<sup>st</sup>, 2010 like a lightening bolt. I didn't know what I was going to do with it, but the name just came to me suddenly.

### HOW DID YOU DEVELOP THE CONCEPT FOR OVER 40 FEMALES?

By keeping with my mission to connect women over the age of 40 all over the world.

### WHAT HAS BEEN THE MOST EXCITING COLLABORATION YOU'VE WORKED ON SO FAR?

Travelling to Arizona and co-hosting a luncheon/model search with Arizona Model and Actor Management with 35 women whom I had never met, and who were so inspired by the group as a whole. To witness that excitement all the way across the country was very exciting!

### DO YOU HAVE ANY ADVICE FOR YOUNG WOMEN WANTING TO FOLLOW IN YOUR FOOTSTEPS?

Give everything you are doing at the

and travel for TV hosting and speaking gigs fulltime

moment 150% because you never know where it will lead.

### HOW DID YOU GET STARTED WITH OVER 40 FEMALES?

I was a More Magazine editor and national TV media spokesperson for More for almost 2 years, and when I left them I wanted to bring the concept of the magazine on pages to life

### WHAT ARE YOUR TOP TIPS FOR WOMEN?

Try to combine your passion with what your background knowledge is (or education), and go after your dreams like there isn't going to be a tomorrow.

MOST INSPIRATIONAL PERSON YOU HAVE MET?

An acupuncturist and spiritual counsellor named Abdi Assadi who has a practice in NYC.

YOUR FAVOURITE LOCATION?

To do what? The first thing that comes to my mind is Belize – scuba dive.

DO YOU HAVE ANY WORDS OF WISDOM THAT YOU WOULD LIKE TO PASS ON?

Just to try and be open to opportunities that come along, even if you think they may not be for you, and if you make what you perceive as mistakes along the way, they are only mistakes if you don't learn from them.

WHAT IS THE BEST PIECE OF ADVICE YOU HAVE BEEN GIVEN?

To live in the moment.

WHAT IS YOUR MOST TREASURED PROSESSION?

My twin girls.

WHAT IS YOUR MUST-HAVE ITEM FOR NEXT SEASON?

Next season? I'm not done with this one yet.

# Over 40 Females

To connect a community of women 40 years of age and over for the purpose of learning more about life through interaction with each other and professional experts in their fields, to increase awareness for our demographic on an international scale and create a higher standard of pride and confidence for the generations of Over 40 Females to come.