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You're never too old to learn from this life coach

STRAIGHT TALK | Author gives advice on careers, but also so much more

BY MISHA DAVENPORT
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Chicago life coach and author Terri Lee Ryan is like that best friend who, over a cup of coffee or after a pitcher of margaritas, isn't afraid to tell you how things really are.

"The truth of the matter is it's easier to make choices when you are younger," the 51-year-old Ryan says. "Whether it's your job or your life, you're never without choices, but it's harder to make big, sweeping changes the older you get."

Ryan, the author of *Life is One Big To-Do List: A Woman's Life After 40* (Eloquent Books, \$24.50), will be sharing personal experiences and dispensing advice as the featured speaker at Tuesday's "Women's Empower Hour," a social and networking event held quarterly by Metropolitan Capital Bank.

Her book dishes out advice on everything from dating ("If you have a prototype, chances are you'll keep picking the same guy just packaged

'WOMEN'S EMPOWER HOUR' WITH TERRI LEE RYAN

When: 7:30-8:45 a.m. Tuesday

Where: Metropolitan Capital Bank, 9 E. Ontario

Admission: Free

RSVP (required): (312) 640-2313



differently," she quips) to learning to say "no" ("It's a phrase that allows you to be honest with yourself about what you can handle in your life and creates boundaries," she says).

One of her biggest pet peeves at the moment? Cosmetic surgery.

"Seventy-one percent of people who have plastic surgery make under \$60,000 a year," she says. "People change their face the way we used to color or cut our hair these days. I always thought it was a luxury item, not one of the essentials."

For the "Women's Empower Hour," she'll keep her comments to those dealing with jobs and careers.

"My best advice given today's work climate: Look at your current job and realize that chances are you've had it worse," she says. "Brad Pitt once had to dress up like a chicken on a street corner. We've all had bad jobs, and you need to keep things in perspective."

Tuesday's event offers women the chance to network, something Ryan says is essential.

"I think every woman should have a group of women she considers her board of advisers," she says. "I'm not talking about girlfriends; these are people in your industry you admire and can turn to for advice."