



— KEYNOTE SPEAKER ON LIFE'S THIRD ACT

Sandy Vecchi

Who are you...beyond the roles?

The conversation nobody prepared you
for begins here.

*The
Third
Act*



No Roles. No Rules.
Just You.

BOOK SANDY

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The story behind *the message.*



Sandy Vecchi helps people answer the question most of us avoid until life asks it for us: *Who am I...now?*

Sandy grew up in a loud Italian-Catholic suburb of Detroit, the only girl sandwiched between three brothers. She went on to build a 33-year career in financial services, earned her MBA, raised two incredible kids and, somewhere along the way, found her person.

At 62, she retired convinced she had arrived at the life she had been working toward. She traveled, gardened and even alphabetized her spice rack. Then came the surprise: you can have your spices perfectly organized and still feel a little lost.

When her husband was diagnosed with leukemia, walking beside him through that journey changed more than her perspective. It changed the direction of her life. Today, with him in remission, Sandy spends her days inviting audiences to rethink what it means to grow older and to see life's Third Act as an opportunity, not a decline.

Through personal storytelling, research, warmth and plenty of humor, she shares her signature Four Invitations (**Awaken. Reflect. Reimagine. Act.**) and leaves people with a simple, practical way to design what comes next.

33 *years*

in financial services, plus an MBA

The *Third Act*

Speaker on identity, purpose and what comes next

Podcast host

No Roles. No Rules. Just You.

MEMBERSHIPS



THE MESSAGE

The best part of your story isn't *behind you.*

For decades, we introduce ourselves by what we do and the roles we play: career professional, parent, spouse, caregiver, leader. But what happens when those roles begin to change? Sandy guides audiences beyond the question "*What do I want to do?*" to the one that matters most: "*Who do I want to become?*"

THE FOUR INVITATIONS

01	02	03	04
Awaken.	Reflect.	Reimagine.	Act.

"It's the Third Act you're writing right now."

Sandy's *Talks*



TALK ONE

What Do You Do After What Do You Do?

Preparing for the Identity Shift Nobody Talks About

For decades, we've introduced ourselves by what we do and the roles we play: career professional, parent, spouse, caregiver, leader. But what happens when those roles begin to change?

In this heartfelt, humorous and thought-provoking keynote, Sandy invites audiences to rethink what it means to grow older and discover the opportunity waiting in life's Third Act. Through personal storytelling, research and practical insight, she shares her signature Four Invitations (Awaken. Reflect. Reimagine. Act.), guiding audiences beyond the question "What do I want to do?" to the one that matters most: "Who do I want to become?"

01

THIS CONVERSATION INVITES YOUR AUDIENCE TO

1. See the Third Act as an opportunity for growth rather than decline
2. Understand why the greatest challenge of this season is often identity, not age or retirement
3. Reconnect with the person beneath the roles, titles and expectations
4. Intentionally design what's next instead of simply drifting into it
5. Ask the question that can shape everything that comes next:

What do you do after what do you do?



02

TALK TWO

Legacy is More Than What We Leave. It's Something We Live

The most powerful legacy isn't in the future, it's in this moment.

Many people think of legacy as what we leave behind, measured in assets and estates. But legacy is far more than that. It's something we live every day.

In this thought-provoking and relatable talk, Sandy invites the audience to consider a more powerful question: How am I living right now? Drawing on her own life experience, she offers a simple framework for living with greater intention, presence and alignment.

LEARNING OBJECTIVES

1. See legacy in a new way, not just as what's left behind, but how life is lived today
2. Reflect on what matters most in this stage of life
3. Reconnect with a personal "why" and what gives each day meaning
4. Walk away with simple, meaningful ways to better align time and energy with what matters most



03

TALK THREE

The Skinny Jeans Aren't the Problem

No Roles. No Rules. Just You. Designing Your Third Act on Your Terms

As the roles that once defined many women begin to shift, a deeper question emerges: Who am I now? In a culture that celebrates constant doing, creating space for yourself can feel unfamiliar, even uncomfortable.

In this engaging keynote, Sandy reframes this stage of life as an opportunity to intentionally design what comes next. Through storytelling, humor and a simple, actionable framework, audiences release outdated identities and reconnect with what matters now.

LEARNING OBJECTIVES

1. Recognize the identity shift that occurs as long-held roles evolve, and navigate it with clarity rather than guilt
2. Reframe this stage of life as an opportunity for growth, self-expression and intentional living
3. Identify personal values, interests and desires that may have been set aside, and explore what's possible now
4. Take one meaningful step toward a more aligned, purposeful and self-directed next chapter

For the people in your room who are asking, *"What's next?"*

Every audience has people standing at the edge of a change. A career winding down. Kids grown and gone. A role that no longer fits. Sandy speaks to them with honesty, humor and warmth, and leaves them with a simple way to design what comes next.

01

Financial Advisory & Wealth Management Firms

Client appreciation events and client education evenings. Sandy spent 33 years in financial services, so she speaks your clients' language, and adds the part the numbers don't cover.

02

Corporate Retirement & Transition Programs

Pre-retirement seminars, employee wellbeing programs and HR events for people preparing for the identity shift that comes with leaving a long career.

03

Associations & Conferences

Keynotes for professional and member associations whose members are navigating midlife, career change or retirement.

04

Women's Leadership & Networking Groups

For women whose roles are shifting and who are ready to ask, "Who am I now?" without guilt.

05

Estate Planning & Legacy Events

For audiences thinking about legacy, and ready to see it as something they live today, not only something they leave behind.

06

Retirement & 55+ Communities

For communities full of people who aren't done yet and want their next chapter to mean something.

— HOW SANDY CAN JOIN YOUR EVENT

01

Keynote

A heartfelt, funny and thought-provoking talk built around Sandy's Four Invitations: Awaken. Reflect. Reimagine. Act.

02

Keynote + Workshop

Add an interactive workshop after the keynote so your audience can put the Four Invitations into practice and leave with a first step of their own.

What audiences *are saying*.

“

Her keynote was more than a talk. It was an invitation to reflect deeply, re-imagine possibility, and courageously align with what truly matters. Sandy's presence radiates warmth and wisdom, guiding each listener to see their own life with greater clarity, courage, and intention.

AEON ARCHER

"Ever wondered what's next for you? Sandy Vecchi has a way of answering that question with honesty and heart. Through her raw, real, and vulnerable story of stepping into her third act, she reminds us that purpose doesn't expire, it evolves. Sandy Vecchi is a powerful speaker with an even more powerful message."

CHAD M. BRIGNAC · Transformational Speaker & Author

"Sandy presented a powerful talk titled 'The Third Act' that I was privileged to listen to. Being an acclaimed author myself, I found that Sandra spoke her truth! That, my friends is what is needed more so than ever."

DEANA DILS

"Sandy is a superb speaker who makes you feel you are the only person in the room she is focused on. Her witty humor, emotional connections to her audience and authenticity leaves you inspired and want to meet with her for coffee on a weekly basis. Book her if YOU want accolades for YOUR good taste!"

LEE COLEE'

"I enjoyed listening to Sandy's talk. She has a positive energy and I like her humor. She kept my attention and her points of personal growth makes a lot of sense, giving me confirmed hope in this stage of my life."

PAULA HUI

See Sandy *on stage*.



SPEAKER REEL

Sandy on Stage

Watch Sandy in front of a live audience: warm, funny and honest about life's Third Act.



THE PODCAST

No Roles. No Rules. *Just You.*

Honest conversations about the Third Act. Watch on YouTube or listen on Spotify.



SUGGESTED INTRODUCTION

Our next speaker spent 33 years in financial services, earned her MBA, and retired at 62 with her spice rack perfectly alphabetized. Then she discovered you can have everything organized and still wonder, "Who am I now?" Today, she invites audiences to look at life's Third Act differently: not as a time of decline, but as a time to get curious about who we are now, what we still want, and what might come next. She is the host of the No Roles. No Rules. Just You. podcast. Please welcome Sandy Vecchi.

Feel free to read this as written or adapt it to your event.



— LET'S HAVE A CONVERSATION

Planning an event? *Let's talk about your audience.*

BOOK A CALL

sandyvecchi.com/book-sandy

CALL SANDY

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FOLLOW SANDY



SCAN TO BOOK A CALL

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