

Eleanor Mills

Award-Winning Journalist & Midlife Expert

"Changing the narrative around ageing"

Eleanor Mills is one of the UK's leading voices on midlife, ageing, and reinvention. A former Editorial Director of The Sunday Times and Editor of The Sunday Times Magazine, she has interviewed global icons from Mikhail Gorbachev to the Dalai Lama and One Direction. Today, she is the Founder of Noon, a fast-growing media platform and community reshaping how society views women in midlife and beyond.

TOPICS:

- Midlife Power: Reinventing Yourself in Your Prime
- The Longevity Opportunity: Rethinking Ageing in Work and Society
- Women in Midlife: From Invisible to Influential
- The Next Chapter: Identity, Purpose, and Growth After 40
- Age Diversity at Work: A Corporate Imperative

LANGUAGES:

She presents in English.

PUBLICATIONS:

2024 Much More to Come: Lessons on the Mayhem and Magnificence of Midlife

2024 Podcast: The Queenager Podcast

IN DETAIL:

With more than two decades at the top of British journalism, Eleanor has shaped public opinion, championed women's voices, and broken ground in how we think about ageing. As a senior leader at *The Sunday Times*, she directed editorial strategy and created award-winning content that connected with millions of readers. Her transition from media executive to social entrepreneur came with the founding of Noon, a platform and community for midlife women that now boasts over 50,000 engaged members. Through Noon, she challenges outdated stereotypes and supports women through the transformational decades of their 40s, 50s, and beyond.

WHAT SHE OFFERS YOU:

Eleanor brings clarity, inspiration, and action-oriented insight to the power and potential of the midlife transition. She explores how organisations can better support and retain midlife talent and offers a fresh perspective on reframing ageing for the modern workforce and society.

HOW SHE PRESENTS:

Eleanor's talks are witty, thought-provoking, and emotionally intelligent, always grounded in lived experience, and research. She connects with audiences and leaves them with a new lens on age and opportunity.