

# You are never too old to follow your dream

**Valerie O'Donovan is a skincare technician and beauty therapist**



**With over three decades experience working in the industry, Valerie runs a skincare business named Skin Deep. Her ethos is to put the 'care' in 'skincare' and making people feel good about themselves has always been her passion.**

## **Does ageing affect your career and goals?**

Ageing can have a positive or negative affect on your career or your goals depending on your mindset. Once you feel confident in yourself and your skillset it can be quite empowering in the next stage of your career. You need to believe in yourself.

## **Was there a moment when your mindset kicked in?**

Yes definitely, when I lost my job a few years ago I went for an interview and the lady interviewer seemed more interested in my age than my experience. When I left her office, I said to myself, 'No more interviews! I'm going to set up my own clinic' and I did! I haven't looked back.

## **Do you have a favourite decade in your career?**

My 30s. I enjoyed working in the beauty and skincare industry and learned a lot. I travelled a lot with my job meeting lots of interesting people along the way. I think your 30s are the best chance to experience different careers until you find your happy place.

## **What future goals do you have for yourself?**

To keep growing my business, Skin Deep. My goal is to educate women on natural skincare and the beauty of ageing. I also want to travel more, see the different skincare traditions around the world and implement them in my clinic. Overall my goal is to continue enjoying every day both in my work and personal life.

## **Your favourite life quote?**

It has to be, 'When life gives you lemons, make lemonade.' It helps me through the tough days and inspires me to make the most of what I have.

## **Have you any advice for someone wanting to make life or work changes over the age of 50?**

I would say go for it. I know it's a cliché, but you are never too old to follow your dream and when you love what you do it makes the work easier. Hard work pays off and change can be very rewarding. Remember that some of the world's best entrepreneurs set up later in life. I think Jo Malone is very inspiring as she jumped from skincare to fragrance later in her career and it definitely paid off.

## **What does being over 50 mean to you?**

I think I'm more confident

in myself and I know what I want in life. I'm self-assured and willing to take risks for what I believe is right. After achieving several internationally certified qualifications, I am comfortable providing skincare and beauty advice to my clients and I am happy to refer them on to specialists in certain areas if needed.

## **How do you grow as a person?**

I believe that you grow through every experience life presents you with. Whether happy or sad, each experience brings a lesson with it that will make you a stronger person. What doesn't kill you will cure you. Workwise, there is always something to learn and I always like to keep up to the date with new revelations in science and I continuously complete courses in beauty and skincare to keep my mind fresh.

## **Are you treated differently now you are over 50?**

I really don't think so except people often say to me you look great for your age. 'What does that mean?' They may not even know my age. Why not say 'You look great.' It sounds better.

## **Would you change anything?**

Looking back, I would have started working for myself many years ago. I love the buzz that comes with having your own business and making a difference in your client's lives, better late than never. I think it's important not to focus on regrets but to focus on doing everything you dream in life: age shouldn't hold you back.

## **What's the worst thing about getting older?**

The worst thing about getting older is dwelling on it, so I try not to! I believe that you are as young as you feel and I have more energy now than I ever did. I think society makes us think that getting older is a bad thing when in fact it is the most natural thing in the world.

## **Have you any advice on ageing?**

I always preach we are not ageing we are changing, and we should embrace the beauty that each chapter of our life brings. Life and nature prepare you for each phase of life so live every day as if it were your last. Using the right skincare products makes a huge difference to making sure you never lose that glow! **WW**

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