



The Queenager File Questions: Adele Anthony (#004)

1. What is your favourite part of being a Queenager?

Without question, it is knowing myself.

When I was younger, I spent a lot of time worrying about what other people thought, whether I was doing enough, and whether I was getting life "right". As a Queenager, I have discovered the freedom that comes from trusting myself.

I know what matters to me. I know what I stand for. I know the life I want to create.

There is something incredibly powerful about reaching a stage of life where you stop asking for permission and start giving yourself permission instead.

2. Life isn't always kind. If you're happy to share, what has been one of the toughest parts of your journey and what helped you through it?

Like many women, my journey has not been a straight line.

I have experienced domestic violence, coercive control, financial restriction and the heartbreak of rebuilding my life more than once. There were times when I felt like everything I had worked for had been taken away and I was starting again.

What helped me through was the belief that my story wasn't finished.

I learned that resilience is not about never falling apart. It is about deciding, over and over again, to keep moving forward. I also learned the importance of creating financial independence and options for yourself because options change everything.

3. What has been one of the most joyful moments of your life so far?

There have been many, but becoming a mother and then a grandmother sits at the top of the list.

My children and grandchildren remind me every day what really matters.

Professionally, some of my greatest joy comes from watching women realise they are capable of more than they ever imagined. Seeing someone back themselves, start a business, write a book, leave an unhealthy situation, or create a new chapter for themselves is incredibly rewarding.

4. Who are the women (or people) who have made your life better and why?

I have been fortunate to be surrounded by extraordinary women throughout my life. My daughters have taught me strength, resilience and unconditional love.

My friends and mentors have encouraged me to think bigger when I was tempted to play small.

Women like Fleur Madden of The Ginsburg Firm have shown me what is possible when you combine ambition with generosity and create opportunities for other women along the way.

Most importantly, I have learned that the women who cheer the loudest for your success are often the ones who have done the work to believe in themselves too.

5. What words of wisdom would you share with younger women, and what are you most looking forward to in your own future?

Don't wait until you feel ready.

Most of the best opportunities in my life arrived before I felt fully prepared for them.

Back yourself.

Take the trip.

Start the business.

Write the book.

Apply for the opportunity.

Ask the question.

The women who create extraordinary lives are not necessarily more talented than everyone else. They are simply willing to take action before certainty arrives.

As for the future, I am excited about everything that is still to come. I want to continue helping women see what is possible, travel the world, write more books, speak on more stages and prove that some of life's most exciting chapters begin long after most people think they should.

And one final sentence:

Being a Queenager means... Knowing that your best years are not behind you. They are the years you choose to create next.