

Am I Too Old to Start a Career in Holistic Therapy?

By Isabelle Cunningham



It's a question I hear *all the time*.

Sometimes it's whispered with hesitation. Sometimes asked outright with a nervous laugh. Sometimes wrapped in doubt, fear, or regret.

"Am I too old to start a career in holistic therapy?"

Let me answer you honestly, gently, and clearly.

No. Never! Absolutely not!

In fact, your age may be one of your greatest strengths.

It happens a lot.

Many people come to holistic therapy later in life - not because they were "late," but because life thoroughly prepared them first.

You may have:

- Raised children
- Navigated illness, grief, burnout, or loss
- Changed careers more than once
- Spent years caring for others before yourself
- Felt a quiet calling for a long time but didn't know how to answer it

By the time you're asking this question, something important is already happening:

You're listening to yourself.

Life experience is a big advantage — All this time you have been living your life. Growing and healing — you have been training to become a fantastic holistic therapist.

Holistic therapy is not just about techniques. There are important skills you need to learn but it's also very much about **presence, empathy, and understanding the human experience**. Only time alive can give you those things.

Clients don't come looking for perfection.

They come looking for someone who:

- Helps them feel truly heard
- Feels safe for them to open up to
- Understands complexity
- Has lived, felt, healed, and grown

Your years of life experience give you:

- Emotional intelligence
- Depth and compassion
- Patience and perspective
- The ability to hold space without judgment

These qualities **cannot be taught from a textbook.**

Many of the Best Practitioners Start Later

Some of the most grounded, respected, and successful holistic practitioners I know:

- Began training in their 40s, 50s, or 60s (and one in her 70's!)
- Entered the field after years full of corporate careers, parenting, or caregiving
- Chose the holistic therapies path because it finally felt aligned — the right time for them

Holistic therapy is not a race.

It's a *return* — A return to purpose, meaning, and heart-centred work

“But Will I Actually Be Able to Work?”

Yes — and often in ways that suit your life much **better than traditional careers.**

Holistic therapy offers:

- Flexible hours
- Self-employment or part-time options
- Work that adapts to your energy, not saps it
- Opportunities to teach, facilitate, create programs, or work one-to-one

Many practitioners don't want 40+ hour weeks.

They want **sustainable, meaningful work** — and this field supports that beautifully.

Starting a career in holistic therapy later in life isn't about becoming someone new.

It's about:

- Bringing together everything you've learned
- Using your lived experience as wisdom
- Turning your healing into service
- Creating a chapter of life with work that actually feels *right*

You're not starting from zero.

You're starting from **experience**.

That's huge! You have accumulated a lot, and you have a lot to offer.

A Gentle Truth

If this question keeps coming up for you, (am I too old, is it too late?) it's usually not really about age. It's about permission.

Permission to:

- Put yourself and what *you* want first
- Choose a new direction when most people are slowing down
- Follow what feels meaningful and purposeful in your heart and soul
- Believe it's not "too late", and stand in your own power

So let me say this clearly, in case you need to hear it:

 **You are not too old.**

 **You are right on time.**

If you're feeling the pull toward holistic therapy, trust that feeling. It doesn't arrive randomly — it arrives when you're ready.

And sometimes, *ready* comes with wisdom, scars, softness, and strength — not youth.

Your next chapter is allowed to be the most meaningful one yet. No matter what age you are. So, why not make it one where you really choose what you want your lifestyle, career and income to be, and then step into that unapologetically you — with all of your life experience, wisdom and passion.

With love

Isabelle

