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Earlier this morning, during a lively conversation with my [Information Gone Wild](#) podcast co-hosts— [Maurice Coleman](#), [Paul Signorelli](#), our marketing consultant, [Abbie Fentress Swanson](#)—we brainstormed strategies to better market our newly launched series. As we debated which platforms could effectively reach our diverse audience, I suggested focusing more on LinkedIn. My reasoning? LinkedIn is one of the few digital spaces that feels genuinely “age-neutral.” Unlike platforms like Instagram, Snapchat, or TikTok, where generational lines are sharply drawn, LinkedIn is where people of all ages—from my 19- and 21-year-old sons who (shockingly) like my posts there, to my retired colleagues in their 70s and 80s—engage, share ideas, and stay connected. The team enthusiastically agreed, and it got me thinking: What makes LinkedIn uniquely age-neutral, and why is that so important?

A Lifelong Passion for Connecting Generations

My efforts to bridge generational divides aren’t new. Whether organizing events for Chapman University’s [Town & Gown](#), fostering [intergenerational dialogues](#) in the Egyptian American community, or curating content that caters to a wide range of ages in both our podcast [Information Gone Wild](#) and my TV show [Salon Essraa Nawar](#) (set to air its second season this September), I’ve always believed in the power of connecting people across age groups. The show, which highlights stories of [Egyptian American expats](#), is a platform where I’ve intentionally included guests from various age groups, not just for the sake of diversity in gender, religion, and professions, but also to capture the wisdom that only experience can bring. The result? Richer conversations and deeper insights.

It’s often said that wisdom comes with age, and that was evident in the recent [viral interview](#) between the iconic Egyptian renaissance woman, actress, writer, and TV host Essad Younes and Anas Bukhash. People were captivated by her composure, wisdom, and calm demeanor. But let’s not forget that she’s 74 years old and has lived through enough experiences and challenges to fill volumes. As one [commentator put it](#), “People are mesmerized by Essad Younes’ wisdom and advice in her interview with Anas Bukhash. But

are you really surprised? She's 74 years old—years of experience and wisdom have given her an abundance of advice and guidance." Her story and viral interview reminds us that the steadiness that comes with age can be just as powerful as youthful energy.

The Unique Blend of LinkedIn's Age-Neutral Design

Most social media platforms cater to specific age groups—Facebook is the stronghold of Baby Boomers, TikTok belongs to Gen Z, and Instagram is largely driven by millennials. But LinkedIn is different. It's like a professional gathering where everyone, regardless of age, is welcome. Whether you're a recent graduate, a seasoned professional reflecting on decades of experience, a retired knowledge worker eager to learn and share, or anywhere in between, LinkedIn provides the tools and resources you need.

This inclusivity is by design. LinkedIn's former CEO and current executive chairman, [Jeff Weiner](#), is known for his focus on "compassionate leadership." In his [interview with Oprah Winfrey on Super Soul Sunday](#), Weiner discussed how empathy and compassion are central to LinkedIn's mission: "We want LinkedIn to be a place where every professional, no matter where they are in their career, can come together to connect, learn, and grow." It's this leadership philosophy that has shaped LinkedIn into a space where experience, innovation, and learning coexist harmoniously, making it truly age-neutral.

[Jessica Goldberg](#)'s article [Should Age Be a Neutral Thing?](#) aligns with this philosophy, noting that age should never limit someone's opportunities. LinkedIn embodies this by offering a platform where professionals can thrive regardless of their career stage, focusing on connections formed by shared expertise and interests rather than age.

Bridging generations has been a passion of mine for years. I've always found value in connecting with people across age brackets—both older and younger. Whether it's hosting events that cater to a broad audience, creating conversations that involve everyone from Gen Z to Baby Boomers, or diving into research on topics like the [invisibility of older women](#), I've been on a mission to bridge these gaps. And for good reason—TED Talks and articles frequently highlight how crucial it is to bridge generational divides for a more cohesive society. LinkedIn, I've found, is one of the few platforms where this actually happens organically.

LinkedIn [CEO Ryan Roslansky](#) has emphasized the importance of creating a platform that's inclusive and accessible to everyone, regardless of age or experience. His leadership style is built on fostering a community that values diverse perspectives, which is reflected in LinkedIn's culture. "We want LinkedIn to be a place where every professional, no matter where they are in their career, can come together to connect, learn, and grow," Roslansky

has said. This inclusive vision is what makes LinkedIn such a powerful tool for cross-generational engagement.

Learning Beyond Age: LinkedIn's Lifelong Appeal

One reason LinkedIn attracts users from every generation is its robust [LinkedIn Learning platform](#). Whether you're in your 20s mastering Excel or in your 60s exploring AI trends, LinkedIn Learning caters to everyone. The [Age-Neutral Measurement of Personality Functioning and Maladaptive Personality Traits](#) study shows that growth and adaptability aren't limited by age—they're driven by access to the right opportunities, something LinkedIn offers in abundance.

Intergenerational Wisdom: The Power of Cross-Generational Dialogue

What makes LinkedIn truly unique is how it fosters intergenerational dialogue. On LinkedIn, it's not unusual to see a post by a young entrepreneur spark a meaningful conversation with a seasoned executive. Both perspectives are treated with respect, and the platform encourages a culture of knowledge-sharing that transcends age-based stereotypes. The conversations are richer, the ideas more diverse, and the outcomes more impactful when generations come together to collaborate and share insights.

LinkedIn's culture of respect and inclusion challenges ageist stereotypes and creates a space where people from different walks of life can engage on equal footing. Whether you're connecting with someone decades older or younger, LinkedIn's environment is one where contributions are valued based on their substance, not the age of the contributor.

The Longevity Secret: Lessons from Blue Zones

The concept of "Blue Zones"—regions where people [live significantly longer](#) than average—offers a powerful example of how intergenerational connections enhance well-being. In these communities, older adults often live with younger family members, fostering strong bonds that benefit everyone involved. [Research highlighted by Healthline](#) shows that grandparents who help care for their grandchildren have a significantly lower risk of mortality. These communities are a living testament to the value of intergenerational relationships in promoting health and longevity .

But the lessons from Blue Zones extend beyond physical health. Studies show that as we age, maintaining strong social and emotional connections is key to preserving cognitive function and overall well-being. Articles like [Unlocking the Secrets of Blue Zones: A Blueprint for Longevity and Health](#) reveal that the close, multi-generational relationships found in Blue Zones not only enhance physical health but also keep the mind sharp, reduce the risk of depression, and create a sense of purpose and belonging. In an increasingly

fragmented world, platforms like LinkedIn, which encourage intergenerational collaboration, are helping to bridge these divides digitally.

The Loneliness Pandemic: Rebuilding Connection Across Generations

As the gap between generations widens, the world faces what some experts call a “loneliness pandemic.” The increasing isolation of different age groups has far-reaching consequences. The Guardian describes how the disconnect between young and old has led to societal dysfunction in Britain, comparing it to a [“dysfunctional family”](#) where communication and connection have broken down. The impact of this disconnection is felt across all age groups, contributing to mental health challenges and a loss of community.

LinkedIn plays a critical role in countering this trend by offering a platform where professionals from different generations can come together to share, learn, and grow. In a world where loneliness is on the rise, platforms that foster meaningful cross-generational connections are more important than ever.

What’s Next: The Future of Age-Neutral Spaces

As we look ahead, LinkedIn offers a model for how future digital and physical platforms can remain inclusive and relevant across generations. By creating a space where experience and fresh ideas coexist, LinkedIn shows that age can be neutral when the focus is on building connections, fostering growth, and making an impact. The platform’s ability to bridge generational gaps offers valuable lessons for workplaces, communities, and digital networks worldwide.

Whether you’re just beginning your career, navigating a mid-career shift, or reflecting on decades of experience, LinkedIn provides a space where you can connect, learn, and grow. The universal appeal of LinkedIn demonstrates that digital spaces can—and should—be designed to welcome everyone, regardless of age.