

Refirement eZine May 2009

Who I am, should guide me in what I do.

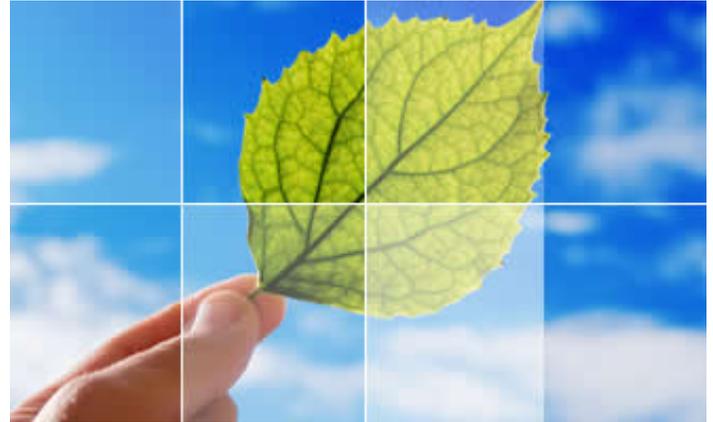
This looks like such a simple statement but most of us know that this is a life journey of discovery and can be exciting and challenging if we will open ourselves up to the possibilities.

Most Baby Boomers live in a world of **what I do defines who I am**. At the stage in life when you are leaving your formal workplace or starting to ask some questions about your future this kind of context brings many challenges and problems.

It is critical to ask yourself these questions and try and understand the world outside of your current work context a few years before the formal retirement party. For many in the current economic climate the timing comes much sooner than planned and this can cause much emotional turmoil and uncertainty.

Some of the offerings within Refirement Network that can help this dilemma are the online profiles tests, Next Chapter Workshops and one-on-one coaching. Please connect with me at lgsmith@mweb.co.za if you need more information or visit the "What we do section" of the website.

One of the ways you can grow is to volunteer some time in an area that may interest you beyond formal retirement. A simple option that has just emerged is the Heartlines Mentors Program. Please read my article on this subject in this newsletter.



We now have more than 130 Baby Boomers on the Refirement Social Site. The article written by Social Media IQ explains why this is becoming an important trend and tool. Why not join and connect and learn with us? Click on Refirement Social Site block to join.

The elections are behind us, we are hearing a vision of a country that will grow and work together over the next five years. Baby Boomers will play an important part in that history. Join my network, encourage your friends to join and ensure that your skills are listed on the Refirement Network. Have a great month.

Lynda Smith

Refirement Social Network

This is a new social network that I have set up for Refirement Network. Please join and invite all other Baby Boomers. **Click to join**

Heartlines Mentors

Many of us want to mentor and are not sure what to do and how to go about it. There is much formal mentoring going on but Heartlines have come up with a great concept that allows ordinary South Africans to mentor someone they know or would like to approach.

Mentoring young people is a powerful way to change society for the better - one person at a time. It helps to build trust, understanding and shared values that bring people together to take collective action for good.

Traditionally in South Africa, young people were surrounded by caring adults in their families and communities who helped them to become responsible adults. In modern times, there is a lot more strain on families and communities, and many young people do not have the support they need to make positive and healthy choices.

Mentoring a young person means sharing their life - spending regular time with them, learning about their hopes and dreams, building their self-confidence, listening to their

This is what you will receive when you have registered and been approved by filling in the application form and agreeing to the code of conduct.

- Regularly updated information about mentoring on this section of the for good website
- A Mentorship 'Starterpack' for people who successfully apply to be a HEARTLINES Mentor. This mentoring resource consists of a book, a DVD and access to a Mentor Helpline
- Access to a social networking platform where HEARTLINES Mentors can share their experiences.

To join or find out more go to: www.forgood.co.za, register and then click on the Mentoring tab. If you are not connected to the internet you can sms the word "mentor" to 33250.

Go out there and make a difference to ONE LIFE. It may change your as well.



Social Media

Communication is the life blood of any relationship whether personal or in business. The better we communicate the better our lives.

Think of the incredible impact the telephone has had on the way we interact with each other! Today it would not be practical (or wise) to be without a phone. It allows us to stay in touch with those that matter to us. The internet is continuing to have a similar impact on how we communicate with each other. Today just over 2 billion people are using the internet every day. With the arrival of the Seacom cable to Africa another billion people are expected to join the "Net Generation", meaning that half the world's population will have access to the internet and each other.

This technology is driving change like never before, just like the telephone did in its time. It has become the backbone of our world and the recent advances in communication tools on the internet are beginning to overshadow the telephone! Keeping up with the advances in this particular field is very important, as those who don't may soon find themselves in a situation similar to being without a telephone!

The internet has evolved from a place where you simply did research, to a place where the world communicates. 2009 has been the year of Social Media and there is every indication that social media will change the world forever. Sites like Facebook, Twitter and YouTube are having a massive impact on how information is created and shared.

What is social media exactly? Perhaps the best definition is: content that is being created by the internet's audience, namely you and I.

It's about conversations flowing in all directions, similar to a family gathered around a table for dinner. Everyone has a voice in this new world, which is extremely important as we are no longer dictated to by a company, a newspaper editor, or TV news broadcast. In fact, these are now considered Old Media.

Here are three social networks not to ignore and the reasons why:

Facebook: Now racing ahead with just over 200 million active users. This is a platform that you can use as both your personal and business online "home." It's a safe, convenient way to connect to family, friends and business associates all in one place. This network will continue to define the way we connect to those we care, whether separated by distance or not.

Twitter: This network is experiencing staggering growth. Its members grew by 76.8% from February 09 to March 09! This will soon reach the 100 million mark. This network is a simple, fast way to learn about the world around you. In fact we are at a point now where your voice and what you have to say is as powerful as an entire news network! Twitter has dramatically changed the way we get the latest information on any topic at any time.

Ning: These networks allow groups of like-minded individuals to come together in one place on the internet to share information on topics that are of interest to the group. The Refirement Network is a good example of this. This is a safe place to ask questions, share insights and learn from others. The collective knowledge and experience available on a network like this is truly staggering.

In order to stay relevant as an individual and as a business there are two very important steps to take. First, would be to gain a basic understanding of the technicalities of these networks (i.e. how to use each network) and secondly how to use each network effectively so that you and the network you are on can receive maximum benefit from your presence there.

This article was compiled by Social Media IQ who conduct wonderful practical workshops.



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