



Retirement Network eZine October 2007

This month as I sit and write this article, I write from a new venue. I have done the typical Boomer move from the city to a country development where I can combine both my work life and a healthier more interactive lifestyle. I have moved out to the beautiful Hartebeespoort Dam area. I am still close enough to the city to attend meetings and workshops but have the added luxury of waking up in beautiful safe surroundings with no traffic.

I attended the Retirement Communities Conference two weeks back. This was a dynamic two days filled with many connections and great information. There is little research and marketing information available on what this market really looks like in South Africa. A resolution was passed at this event to change this. Watch this space, I will keep you informed.

My good friend Nikki Bush runs informative workshops for parents on child development. She has added a new talk to her resume called **Grannies in Action**. Here is an extract from her newsletter about this group: "What a wonderful group of ladies to work with and, how they love their grandchildren. Even those grannies who work, take at least a day off each week to **spend quality time with their grandchildren**, with some devoting as much as 2 – 3 days of the week to their legacy! And at least half of the grannies had some of their grandchildren living overseas – one of the side-effects of globalisation. Their wisdom and experience made them a very different group to work with and I felt privileged to have had the opportunity to connect with these amazing women. It definitely was a group of very active grannies who are so typical of the retiring Boomers – **fitter and healthier than any previous generation of grandparents**, and so keen to update themselves and stay current to ensure that they connect and engage meaningfully with their grandchildren. "Her website is <http://www.brightideasoutfit.com/>

Our keynote presentation called PrimeTime is a great presentation to use with your employees over the age of 45. The talk is geared to help Boomers understand the changes ahead and open the doors to many new opportunities. You will have your boomers rocking in their seats at such an event. Book your event with me today.

The only constant in life is change. Embrace it. Grow and discover new challenges. Kind Regards from the Dam and my virtual office.

Lyneta



PrimeTime

Baby Boomers have been at the forefront of leadership and change for the past twenty years – during a time of unprecedented growth and prosperity throughout most of the developed world. However 'times are a changing', and particularly the world of work, with globalisation, exponential growth in technologies, new generations and cultures of staff, each of whom has different demands and expectations – all challenging the status quo... [Click here to read more.](#)

"We live in an era of unprecedented, rapid and inexorable global ageing.

Never before have so many people lived for so long. Growing old, once the sole prerogative of the "developed" countries is now a shared benefit of development worldwide.

Ageing has become one of the defining global issues that will shape the future of the world's societies.

Technology challenges for the Boomer Generation

Technology is transforming the way that people live .It has changed the way that people connect with friends and family, date, manage their money, shop, find information, educate themselves, and pursue their passions. The many technology related terms that are thrown around can boggle the mind - ADSL, webcam, 3G, broadband and blogging are just some of the many. How can we learn, ask the right questions and get up to speed so that we too can enjoy what the world has on offer?

Five years ago I was a typical Baby Boomer in a senior position. I had a secretary who managed my diary, appointments and all my correspondence. I then chose to leave this world and start working virtually as a consultant. I knew I needed to build my skills and try to get beyond my fear on many concepts that were being discussed that seemed to go right over my head. Fear can stop us from doing so much. I purchased a laptop, found someone who could help me with some basic areas of understanding and then started to practice and become more comfortable with this world that was so new to me. As I went along I continued to ask questions, write down what I needed to know and move out of my comfort zone. I discovered a world out there that I didn't even know existed.

Each new day is now approached with this added dimension to my life. Connecting to my children and other family around the world, doing my banking, searching for travel prices and interesting places to visit, communicating and sharing are just some of my daily activities. In the future, technology will be used in many applications relating to health, security, connecting, educating etc. It is critical that we move beyond our fear and join this new world.

It is a dream of mine to assist all Boomers in South Africa to become techno- literate. It is no use just helping the few at the top end of the pyramid but rather we need to ensure that, as a society, all South Africans in the future will have access to computers and connectivity.

Please feel free to be in contact with me to discuss this great dream that I have. You may be a boomer needing help or perhaps an angel investor wanting to see this same dream fulfilled. I am ready to talk to all interested parties to see this dream become a reality.

Success factors for Retirement- Directedness

In this series we will discuss some factors that may affect you when you reach formal retirement age. The Baby Boomer Generation (born between 1946 and 1964) are not likely to retire like their parents did. The world has changed and there are now different choices available for this generation as they reach this new life stage.

The third factor is called Directedness. This is defined as follows: The degree to which we rely on our own internal sense of personal guidance for making plans and decisions for our retirement life, rather than relying on others giving us direction from outside ourselves.

In the old retirement paradigm it was generally our employer who usually directed how and when we would retire through its retirement policies. For most of us this has thankfully changed and the responsibility is now in the hands of the individual. This analysis should also include a section on discovering who you are, internally.

Self-direction means that we dig deeply into ourselves discerning there our most crucial issues, most cherished goals and most revered relationships. Once these are clearly known, then we can make active, conscious attempts to pursue these vital interests with gusto. Self-direction demands that we come to know ourselves deeply, that we are courageous in looking at ourselves objectively, asking ourselves some hard questions about what's important to us, and then finding the motivation to just "do it".

In some ways this is like writing your own story for the future. Similar to the way a company would follow this process for an organization we should be asking the same questions for our own journey. We need to have the courage of our convictions and live our own story, not borrow from someone else's story. It is this directedness that will be the energy needed to move forward and fulfill the chapters of our life.

For most of us the routine and structure of work life influence how we have been directed thus far. It is critical to have a clear picture of what we want in the future so that we are not disabled with a void that we did not anticipate. In retirement we don't lose the ability to make decisions like we did before, we simply lose the opportunities that we once enjoyed to put our indelible fingerprints on our work. Retirement can offer even more opportunities for decision making, creativity, new paths for personal fulfillment and more bridges to happiness than our work ever did.

Your retirement needs to be as unique as your fingerprint, a one-of-a-kind masterpiece, an unduplicated work of art with yourself as the artist.

We have a tool called the RSP that measures 15 success factors for retirement. This test gives quantitative measures for each factor. This tool is available through the Refirement Network. This is your life - live each day to the full until your last.

Most of the content for this article is taken from the book "The New Retirement" – Discovering your dream by Richard P Johnson... This is the handbook for the RSP tool used by Retirement Options. Lynda Smith is the only accredited coach with Retirement Options in South Africa.



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