



Dear Refirement members,

I can't believe we are almost in mid-March already. I have had a busy February and our new website is getting some nice hits and comments. Please take some time to look around. There is lots of free content to help you think through some of the challenges and opportunities being faced by industry as well as by Boomers.

This month I want to concentrate on coaching. Why would you use a coach? A coach helps you to challenge some of your thinking, opens up new thinking and can guide and help you to look at your world through a new set of glasses. Many of us work with a dietician or physical trainer to guide our health journey. Why not consider a few sessions with a career transition coach, social media coach or a retirement coach who will help guide your thinking around many of the life stage changes happening in your life. The world of work and retirement is changing and we should not be planning a future similar to our parents or grandparents. If you want or need to work longer it is key to understand the possibilities on your radar. Please take a look at our coaching page and feel free to book a FREE 15 minute Skype call to discuss your personal situation.

<https://www.refirementnetwork.com/what-we-do/coaching/>

I attended the Retirement Lifestyle Expo in Cape Town at the end of February. Here is a link to some of the presentations. There may be a subject you are interested in: <http://docs.sbs.co.za/>

I have written a post about my trip to Cape Town and the Expo. Please read it [here](#).

Earlier in February I attended an amazing event organised by Standard Bank Incubator and Lionesses of Africa. Intergenerational sharing and learning is a key driver of our vision. Here is my thoughts from the event.

My Story was shared on their site and I am humbled by the way in which Melanie wrote my story <http://www.lionessesofafrica.com/blog/the-startup-story-of-lynda-smith>

I notice that change is happening at a faster pace each week and as we grow older it is sometime difficult to keep up. I want to challenge you to learn something new and not go into denial about your future. There is either a very exciting future ahead or a future that may be quite disconnected from what is currently happening around you in the world.

"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn." - Alvin Toffler

Enjoy the rest of March

Lynda

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