



For more than 40 years I have been in paid employment of some form (both “fulltime” and “part time”) with the longest continuous break being a 9 week holiday stint in a bus around Europe in the 1970s! This is the time in life that traditionally people choose to retire from the 8-5 routine and start doing all those things on their “bucket list”*

The option of “retiring” isn’t for me....and I suspect quite a few other people as well. Just look at the dictionary definition of “to retire”:

The Oxford Dictionary states “to retire” means • **verb** **1** *leave one’s job and cease to work, especially because one has reached a particular age.* **2** *(of a sports player) cease to play competitively.* **3** *withdraw from a race or match because of accident or injury.* **4** *withdraw to or from a particular place.* **5** *(of a jury) leave the courtroom to decide the verdict of a trial.* **6** *go to bed.*

The word “retire” is derived from a French word meaning to “draw back” – look at the words in the definition above:

- “cease to....”
- “withdraw....”
- “leave....”
- “go to bed....”

We may as well add -***withdraw from living and being a contributing member of society!***

It is time for those of us around the traditional “retirement” age to revolt!

It is time that the baby boomers redefined the word “retirement”.

Of course we want to use our energy in different ways – however, many of us still want to generate an income doing things we gain personal satisfaction from, while still contributing to society. Baby boomers have historically challenged society’s rules and expectations, and now we have another issue to address.

I acknowledge for many people the traditional “retirement” model is ideal for them and they will happily follow a similar path to their parents. I have no criticism of that decision at all. However, for others, this is not what they want for themselves – or this choice may not be realistic for them for financial reasons alone. So what choices do we have?

This is a time to

- enjoy the wisdom we have gained – the knowledge about ourselves and the world around us
- be selective in the way we live our life –remove the “shoulds” of what we “should” do
- use our energy wisely and keep ourselves in good health
- keep being curious about things and learn something new
- spend more time with people who are important to us

- donate time and skills to a project that is going to help improve /support our communities
- continue to be paid for some of the work we do rather than everything having to be voluntary
- pay other people to do things we do not like to do or are finding too physically demanding

I am developing a new model for “Beyond 8-5” with a working title of the “**The Bold Old Model**” which celebrates and relishes the fact that being older can be fun, enjoyable and energising.....and I need your assistance in its development!

It does not matter what age and stage of life you are, please email me with your comments and opinions on the following:

1. What are your ideas for another name for “retirement”?
2. How are you going to ensure that being older will be/is fun, enjoyable, energising for you?
3. Any other comments you want to make about this special stage of life.

I will collate comments and send to people who would like to receive them (email: lizholland@xtra.co.nz) and the person who offers the most innovative ideas & comments will win a free life coaching / professional supervision appointment with me.

If you want to read a few more thoughts then click [here](#). More about “Beyond 8-5” in future newsletters

Warm wishes



- Bucket list – this comes from the movie “The Bucket List” where the main characters write a list of all the things they want to do before they die i.e. “kick the bucket”