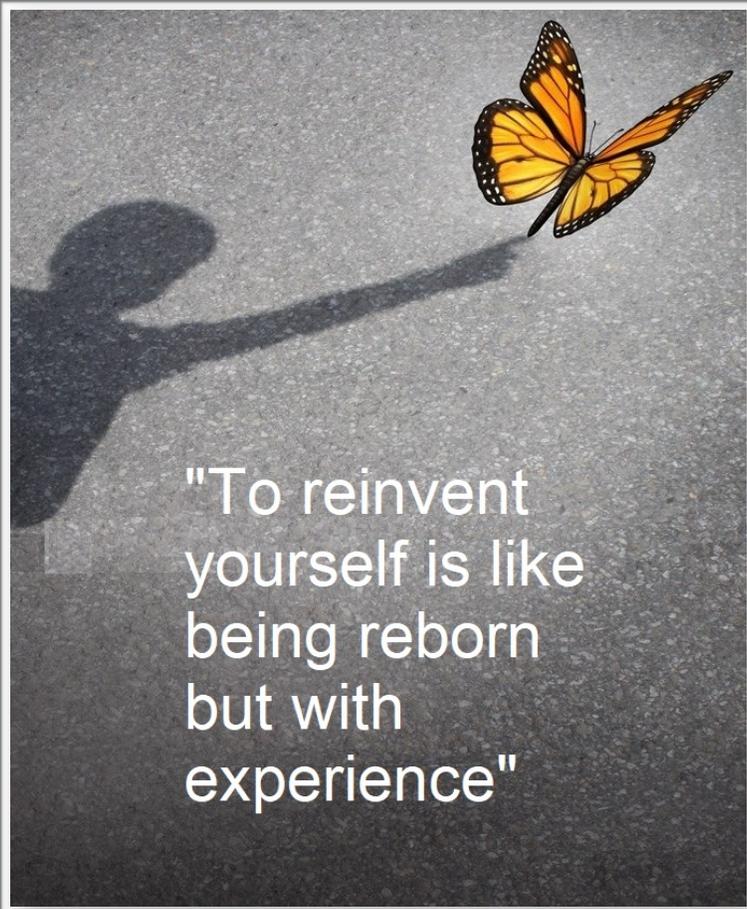


UN-RETIREMENT



Mari and I had the opportunity to participate in the G50 meeting, which took place in Madrid in November. We have attended these encounters for 19 years, and we are still impressed by the organization, logistics, and the rich program they always offer. It has become one of our favorite events.

The session that inspired me the most this year was titled **"Un-Retirement"**. I am almost 77 years old, and one of my main drivers has always been my passion to serve; knowing that I have a new day, a new opportunity to contribute something is my wake up call every morning. I agree with the material exposed in that session and the reasons to embody a lifestyle of **"un-retirement"**.

Words are powerful and create realities. For some people, the word **"retirement"** has a connotation of less potential and power. However, for others, it is quite the opposite, as it entails a feeling of freedom, particularly for those who did not enjoy fully their everyday jobs. The whole purpose of that lesson and this text is to convey a message of empowerment to grow, fulfill ourselves and know that our contributions to the world are as valuable as ever.

Everything depends on the purpose and meaning we give to our lives. One of the activities of this workshop included molding clay to reflect our purpose. I made a bridge, as I believe that my contribution post retirement is to create synergies and connections between people. My most valuable asset is the relationships I have built throughout my life, and that is why I seek to network and join forces to have a great impact on society.



Teresa Martín-Retortillo, giving her workshop "Un-Retirement"

Teresa Martín-Retortillo, who imparted the workshop, presented some of the powerful reasons to rekindle life of **"un-retirement"**:

1. To value the life ahead of us. According to the World Bank, global life expectancy in 1960 was 52 years, whereas in 2016 it increased to 72. What are we going to do with that longer lifespan? How are we making the most out of it?
2. Embrace this stage: the list of people with big accomplishments at a latter stage is very long.
3. Stay healthy - physically, mentally, and emotionally. Being productive and continuing to learn truly stimulates our brain and encourages us to constantly us it to remain active.

In order to embody this **"un-retired"** attitude, Teresa recommended to put effort on redesigning our purpose, and that requires an open mind, a warm heart, and will.