



Unfold Second Innings

NEWSLETTER

Work. Learn. Interact

Research Corner: SENSE OF PURPOSE

“A sense of purpose in life may also stave off the greatest terror of every seasoned adult – Alzheimers”



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Researchers at Rush University Medical Center have found that a third of people whose brains, upon autopsy, display the plaques and tangles of Alzheimer's never exhibited memory loss or intellectual impairment. The best predictor of whether someone would escape these symptoms was whether they felt strongly that they had a purpose in life. Those who did were two and a half times as likely to be unaffected as those who didn't”

There is a growing body of research indicating that having a **sense of purpose** is a powerful predictor of mental and physical robustness—by some measures, as powerful as education, wealth, genes, exercise, or social network. Compared with people who feel little purpose in life, those who report a strong sense of purpose are far less likely to die over a given period; they are also far less likely to suffer a stroke or a heart attack, and are less susceptible to viruses and conditions such as diabetes, metastatic cancer, and neurodegenerative disease.

WORK

The Transition to a Second Career



Mr Ramakrishnan

Unfold believes the best match to a position is someone who has a zeal to learn

We had a chat with Mr. Ramakrishnan about his Second Innings Career and here is what he had to say:

He has over 32 years of work experience, in all aspects of Sales, Marketing & Customer Service. Having worked with blue chip organizations like Titan Industries, Blow Plast Ltd, Godrej& Boyce, Hutchison Telecom, ING Life Insurance and others, he has been at the leadership level since 2003.

Post his primary career, he was looking at something which would keep him in Bangalore and where he could utilize all that he had learnt in the past three decades.

On transition to a second career

His desire to share what he had learnt and experienced during his career led him to become a mentor for youngsters and young organizations. However he was looking to get back into strategic roles on a second career.

“That's when an ex-colleague told me about Unfold Second Innings (USI). After the first meeting with USI, the rest is history, as the saying goes. This is exactly what the doctor ordered for me –interaction with likeminded people, with oodles of experience from different fields...I love every bit of it.”

What changes have you encountered in your second innings that have helped shape your career choice as a consultant?

The very fact that Unfold Second Innings is full of likeminded people helped me in shaping up my consultant role. And learning from the knowledge and experience of each other. My relationship progressed from just registering for flexible opportunities to becoming a subject matter expert of the Unfold Second Innings Consulting team. I believe this has tremendous potential for all of us.

Which opportunities offer the most ability to learn from your experience in your second innings?

Both Business Mentoring and Project based Consulting in my core would be something that I look forward to.

What kind of advice would you give to others looking to start a second career?

My advice to people who look to start their second innings is to stick to their strengths, hitch themselves to Unfold Second Innings and live happily ever after!

What value do you see in being a member of the Unfold Second Innings community?

Being a part of Unfold Second Innings is of immense value to each and every member for the simple reason that when all of us come together, we are a force to reckon with, a dream team to learn from and who can set business in the right direction for any start up/small business.

When the winds
of change blow,
some people
build walls and
other people
build windmills

Chinese Proverb

At Unfold Second
Innings, we help build
those windmills



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unfold
IGNITING
SECOND
CAREERS

LEARN How to Bridge Generational Gaps in the Workspace



Ms Kalpana Dube is a business leader and IT specialist who is a mentor to startup founders.

Our workshops always lead to a lot more learning than we anticipate. We hope you have learnt something and if you would like to be a part of our upcoming sessions please contact us on info@unfold-consulting.com

She brought the Unfold Second Innings community into her world by sharing her experience and creating dialogue with key questions and reflections:-

What causes generational gaps?

The community members eagerly shared the following thoughts:

The way we view life is different.
The way we communicate is different.
The fact that we no longer live together as families causes a rift in communication.
Technology is a barrier as the digital barrier as the digital era has removed personal contact.

What factors lead to a generational gap?

- ✓ Difference in Age
- ✓ Thinking
- ✓ Technology
- ✓ Agility
- ✓ Habits/beliefs
- ✓ Learnings

The best way to create a synergy within the workspace environment is to create the bridge **BEYOND**

Kalpana expanded on this further:

- **Be respectful of everyone**
- **Engage people in conversation**
- **You can make a difference to someone else**
- **Open up your eyes and ears & listen**
- **Nice goes a long way**
- **Develop an appreciation for different styles**

“The session held at 91 Springboard was interesting and enlightening especially at a time when technology is changing and fast leaving us lagging behind” – Srinivas Prasad

“The difference in perspectives & mindsets is due to the socio cultural, economic, exposure one had in one’s growing years that have influenced. The generational diversity at work session aimed to create awareness about different generations, the value each adds, and different work styles. The session was interactive and was focused on opportunities to bridge these – particularly in startups as well as corporate. By observing the new generations, we can instill new techniques and structures to better engage with, and lead them. This is the surest way to remain relevant, and impact the future.”

INTERACT Networking & Community Spirit

We hold monthly interactive community meetings that help our members interact and learn from each other.

On September 15th, at Lahe Lahe Café in Indiranagar, we hosted a session on **'How to create a Financial Portfolio and Investment Management.'** where our community members **Mr. Rengaswamy** who has 23+ years of experience in Finance and Banking and **Mr. Dinkar Sirsi**, an experienced professional in the field of Finance and Investment for 36+ years, led the thought-provoking discussion.



It was a useful session - content was apt and well-delivered by experienced professionals – V.M. Cavale



A Second Innings Venture Showcase



Ms Nupur Ghosh

She is an accomplished Unfold Second Innings member who has taken up tutoring as a second career. Education has been a passion of hers for years and tutoring came as an easy decision for her second innings.

We had a chat with Nupur and she answered a few questions for us that showcase how she is successfully enjoying her second innings as a tutor.

Can you share a brief background about yourself?

I spent most of my childhood years in the UK but completed my schooling in Kolkata at La Martiniere For Girls. I went on to complete my B.A and B. Ed from Loreto College Kolkata. My teaching career started at Bishop Cotton Boys' School Bangalore with a long span of 22 years. My focus subject was English. Thereafter, I spent 10 years at Ebenezer International School, both as an educator and administrator.

What drove you to the education sector?

I wanted to be an educator because, besides educating the youngsters, I also wanted to be a positive influence in their lives, thereby encouraging them to be better human beings.

Tell us a little more about your choice to start tutoring as a second career

I wished to restart my teaching career in the form of organized tutorials. I feel that through the wisdom and knowledge gained throughout my long stint of teaching English, I could make a positive difference in my students' English skills which would help them immensely in their future endeavors.

What does your tutoring curriculum cover?

I offer one-to-one coaching classes at the high school level English, at present, for Standard 9 of the ICSE stream both in Paper 1 (English Language) and Paper 2 (English Literature) as prescribed by the Board. I also undertake short modules of pre - ICSE workshops in English grammar and creative writing for Standard 8. Completion of such workshops instil in the students the necessary skills and confidence required to handle high school English of standard 9 and 10. These classes are held at my residence in Domlur Bangalore.

What advice would you give to people looking to start a second career?

Times have changed and a second career after retirement is not just an option anymore. The phase of a full time job, growing up and nurturing an entire family is over. Now the second career is more to do with giving back to the community and thereby making a social impact.

For registrations for her tutorial please contact Nupur on 9880195481



How can we help build your second career?

- 1 We provide engagement opportunities in your area of expertise
- 2 We help you create a powerful resume and position yourself effectively
- 3 Our career counsellor will help put you onto the correct work path
- 4 We help start and scale home-based businesses

Visit UnfoldSecondInnings.com/Work



We help build second careers. Find us on facebook.com/unfoldsecondinnings

Work Opportunities Available

We are looking for people looking to start their second careers in the following domains:

- **Ex CXO's**
- **Defence Professionals**
- **Account & Finance**
- **Administration**
- **Teaching, Vocational Training**
- **Content Writing**

Call us and make an appointment to meet the Unfold team at our office:
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Features like this help spread the word...

We are privileged to have told our story and got showcased by Know Your Star!

KnowYourStar : <http://stories.knowyourstar.com/puja-kohli/>



Puja Kohli - On Giving The Post Retirement Generation A Chance To Explore Their Passions

Meet Puja Kohli, the founder of Unfold, a consulting firm that aims to make the workforce a more inclusive space for people of all ages.

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This year has been filled with a lot of opportunities and great experiences for our Unfold team and our community members.

- New members joined our Community
- New companies are supporting and partnering with us to push forward our agenda

It has been a good year indeed, so what better way to celebrate than by coming together and interacting at ***"Our end of year get together"***

To register your attendance, write to:
info@unfold-consulting.com