

Unfold Second Innings

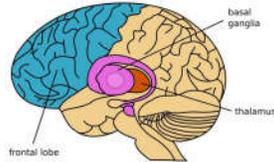


UNFOLD SECOND INNINGS NEWSLETTER

WORK YOUR BRAIN

Work, Learn, Interact

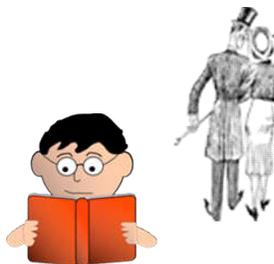
IF YOU WORK YOUR BRAIN, YOUR BRAIN WILL WORK FOR YOU



“Put simply, this survey is telling us that, if you work your brain, your brain will work for you,” said Gary Small, M.D., director of the UCLA Longevity Center at the Semel Institute for Neuroscience and

Human Behavior.

“Working your brain is easy and involves simple activities like taking a walk, spending time with friends or reading a book.”



Community meet at WeWork

Inside this issue:

- Community Meet 1
- Working at Iksha 2
- Relearning 3
- Upcoming 4
- Soap making 5

COMMUNITY MEET AT WEWORK

One of our successful Second Innings graduate, Dr. Reena had turned her passion into a profitable venture. She graciously offered to host our monthly “Meet and Greet” session at WeWork, a startup co-sharing workspace. She showed us around WeWork, and explained how she uses her reflexology skills to help

people. She also offered a sample therapy session for each of our participants.

Our members were happy to meet and mingle given such tempting inducements. Answer – yes, that’s her name, helped organize games to break the ice among members and after that all..., what I meant was

there was no stopping our members from discussing everything under the sun. Mr. Rengaswammi one of our veteran Second Innings member, was the one people turned to for financial advice – we decided that based on popular demand, a workshop on investing would be something our members would appreciate.



COMMUNITY MEET (contd.)

A community meet lets our members understand what we are working on and how we are going about it. They hear from members who have 'transitioned' to a more active life. Also, we get to know our members firsthand and this enables us to put more effort in the direction our members urge us.



WORK

Unfold does it's best to match abilities and interests with fulfilling work that pleases the soul



Sushma Palukuru

Sushma is an Unfold Second Innings member who we recently helped place in IKSHA Foundation as a Program Coordinator. Here's what Sushma says about her experience:

"I'm a proud mother of two children and I feel that currently the biggest challenge for a woman is maintaining the right balance between personal and professional life. Unfold Second Innings played an important role in helping me find the opportunity that was suited to my needs. Working at IKSHA Foundation allows me to spend time with family while working part-time.

I thought I was giving back to society by working here, but the little soldiers at IKSHA, fighting with retinoblastoma, taught me a precious lesson: 'never accept defeat without fighting'.

I take this opportunity to thank Unfold Second Innings for their support and guidance in my journey towards my second innings. To know more about the IKSHA Foundation, visit www.ikshafoundation.org

LEARN

Sujatha Tenneti used to be a teacher before pausing her career for 25 years. She recently took help from Unfold Second Innings to get back into the profession; Unfold Second Innings had already done some initial research into how members could transition to a teaching career successfully, even if they had no prior teaching experience. In fact, Unfold Second Innings had a plan ready even before Sujatha contacted us. The moment Sujatha told us what she wanted from us, we explained how it would work and Sujatha was not only interested, but highly enthusiastic and motivated. She tells us a little about the experience:

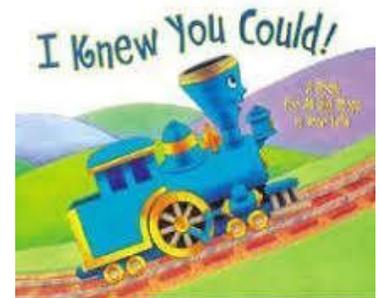
"I had stopped formally teaching, but stayed in touch with students and the changing syllabus. I also gave home tuition.

Over time, I realised that I had a real passion for teaching and wanted to get back into it full-time. I also feel bad that I don't see many teachers who truly love to teach and inspire students, and I hope this will change in the coming years.

A friend suggested that I take the help of Unfold Second Innings to get back into teaching again. After speaking with Puja and Mohan, I got sufficient guidance about the best way to make the return. Considering I've been out of the teaching space for so long, and many things have changed in terms of methodology, attitude of students, and the generation gap, it was recommended that I take up an assessment course & life skills with their learning partner. I became more self aware and learnt how to handle my



emotions better so that the impressionable students get only a positive experience with me. I understood my strengths and weaknesses and what I need to work on. I'm now ready to get back with confidence into the teaching profession again, and looking forward to becoming financially independent



*Unfold Second Innings has a **Teacher Enablement Program** that puts aspiring teachers through assessment, training and shadow teaching to make them ready for teaching at schools*

UPCOMING WORKSHOP — INVESTING

Mr. Rengaswammi promises to share his tips

Our next subject is a popular one - **Investing**. As soon as people discovered that one of our members is an expert in financial matters, they were badgering him to help them understand how to invest successfully. He has graciously agreed. This workshop is for everyone who wants to make money and avoid the pitfalls that beginners usually get into.

*Register for our **Investing workshop** to be conducted on **Wednesday 6th, September** sending us an email at team@unfold-consulting.com*

*Register for our
Investing Workshop
team@unfold-consulting.com*





A Second Innings Venture Showcase

Suchita Ullal

An accomplished Unfold Second Innings member, you'd hardly guess that Suchita was the engine behind some of the top PR firms in Bengaluru.



Like most seniors, after she got tired of the daily rat race, she decided to find something interesting and rewarding to do. Baking was something she was good at, but her son's obsession with handmade soaps make her take a look at soap-making.

She managed to attend a workshop on soap making and then did a lot of reading and research before she managed to produce some; which, hold your breath, "fopped". She abandoned the project for a while.

A second opportunity appeared when she decided to make some soap as return gifts for her second son's wedding. This time around, everyone was delighted and she embarked on her successful 'second innings' journey.

In her own words:

"Homemade soap is sheer magical chemistry between pure vegetable and nut oils and butters, lye, and fragrance/essential oils. Herb extracts, fruit and vegetable purees, spices, flowers, clays, activated charcoal, seaweed, coconut cream, beer, wine, coffee, milk, cream and yogurt, are just a few of the additives that can be mixed in to enhance the magic. The permutations and combinations are endless and fascinating. On an average, we make about 25-30 different variants of soaps, and for different types of skin.

From corporate communications to a leap into something as far removed as skin care, it's been a varied journey, with its ups and downs, highs and lows, providing enough anecdotes and memories to keep me in clover for the rest of my years! I find myself today in a happy position where I can set my boundaries without having to make tough choices while balancing work and family. "

Coming Soon!

**HOW TO RUN A
HOME BUSINESS**

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