

Take your next step to connect to us. Email us if you have an interesting story to share related to career.

facebook.com/  
thedailystar.nextstep  
Email: nextstep@thedailystar.net

The Daily Star

DHAKA, FRIDAY, FEBRUARY 17, 2017

FALGUN 5, 1423 BS

e-mail: nextstep@thedailystar.net

# NEXT STEP

## How to plan for an ACTIVE RETIREMENT

*People can retire from work at any point in their lives. Whether or not someone retires voluntarily or involuntarily, he or she may face problems without a proper retirement plan. A person, therefore, needs to take a positive approach towards retirement as well as make necessary adjustments along the way.*

Retirement is one of the most important events many of us will ever experience. From both a personal and financial perspective, realising a comfortable retirement is an extensive process that takes sensible planning and years of persistence. Even after you've retired, managing a new phase in your life is a full-time responsibility.

### Money matters

One of the major challenges after retiring is ensuring a sustainable flow of inflation-beating income to maintain one's standard of living. To maintain a constant income level, we may take up part-time work related to our past career or invest money that can be redeployed to produce a greater net yield.

We may also need to concentrate on decreasing extra expenditure by following smart strategies, for example, taking off-season holidays instead of on-season ones, using government retirement facilities, or making a routine budget for daily expenditure (food, clothing, medicine).

### Physical well being

People inching towards retirement have to accept that they are no longer at the peak of their physical prowess. But this is not the reason to give up existing, active pursuits.

Care must be taken to avoid accidents, for example, possible hazards around the house should be eliminated. Steps must be taken to mitigate health risks, like being overweight. While it is important to maintain a healthy weight, never attempt crash slimming diets.

Physical exercise can be taken in many enjoyable ways and not merely through formal exercise sessions. Periodical health checkups with doctors are also advisable.

### The right kind of perspective

Our view of retirement should not be limited to short term relaxation, like a long holiday. It should be extended to long term planning and careful preparation for the years ahead, which, as we all hope, may be a time of happiness and self-fulfilment. Instead of approaching retirement with vague uninformed ideas or seeing the future through rose-tinted glasses, it is worthwhile to take a good, hard look at what the future may hold.

Retirement is an intensely individual experience, but paradoxically you are also joining a multitude of other people who have also retired. In other words, you are not alone. People who take the trouble to plan and prepare for retirement rather than just letting it happen are far more likely to find it enjoyable and fulfilling.

### The vital adjustment

We tend to consider a retired person as



someone who has ceased contributing to the economy and has earned for himself or herself a period of rest and inactivity. It is not surprising that many retired people passively accept this role thrust upon them, and the retirement years, which should be a time of enjoyment and fulfilment, very often become an inert period. We must fight this scapheap mentality.

Conscious effort is required for adjusting to a new life pattern. During our service period, we go through a very routine and disciplined life with solid objectives, but when retirement hits, most people feel boredom or suffer from ill health as they fail to satisfy their disciplined lifestyle. We should recognise that our development is a lifelong process and that the adjustments we have to make in our search for a new sense of purpose in life requires a positive approach, not a passive surrender to future

dependence and old age.

### Personal relationships

After retirement, when people need all the reassurance and counsel that friends can offer, their social circle gets contracted and they are thrust into a smaller and more personal world. Retirement affects not only them, but the lives of all those in their immediate family circle. It also needs a good

amount of tolerance, patience, and understanding between partners. The same applies to single people and their relationships with those close to them.

### Paid employment and voluntary work

After retirement, part-time paid work can bridge the gap when the retired employees' full-time careers end. This ultimately helps the retired employee with their finances, as well as providing regular human contact and preventing boredom. Consultancy can be a better option if you can build yourself as a successful consultant, as it will inevitably bring in its train increased overheads. Voluntary work, on the other hand, can provide satisfying personal relationships and the opportunity to make a worthwhile contribution to the community.

In conclusion, it can be said to all of us suffering from a sense of isolation after retirement that the feeling of having been pushed out of the mainstream into a forgotten land is untrue. You are simply joining the ranks of a great many people who have also retired. So instead of suffering from a sense of deprivation, let's look forward to the possibilities ahead.

MANJUR AHMED

The writer is the Head of HR & Admin at Grameen Telecom Trust

## EWUBC BUSINESS COMPETITION right around the corner

There's a saying: "If you don't build your dream, then someone else will hire you to help build theirs". If you are a student waiting for an opportunity to showcase your ingenious business ideas in front of the nation, here's your chance. East West University Business Club (EWUBC) is organising the Inter University Business Plan Competition 2017 in part-

nership with Next Step and The Daily Star. This competition will bring novices an unparalleled opportunity to showcase their ideas and receive guidance on how to develop them from some of the top entrepreneurs of the country.

The competition will consist of three rounds incorporating the flavours of different hurdles faced

when establishing a business plan. Upon registration, teams of three will have to submit their very own business plan.

Online registration and business plan submissions are open till February 22, 2017. For more information, check out: [www.facebook.com/EWUBC/](http://www.facebook.com/EWUBC/). Submit your plan at: [ewubc@ewubd.com](mailto:ewubc@ewubd.com).

## YSSE celebrates two years with NEXT GENERATION CARNIVAL



In 2015, the Youth School for Social Entrepreneurs (YSSE) embarked on a journey to encourage young people to take up social entrepreneurship and tackle the numerous problems faced by our society. To celebrate its two years of operation this February, YSSE organised the day-long Next Generation Carnival 2017 at Krishibid Institute of Bangladesh.

Speakers from different sectors shared their personal experiences and views of the new generation of entrepreneurship. A panel led by Syed Fazle Niaz, Enterprise Advisor

at International Labour Organisation Bangladesh, dissected what makes a successful startup ecosystem, while Special Guest Ibnul Syed Rana, Chairman and CEO of Nirapod Development Foundation, explored the importance of having the right kind of mentality when learning. The carnival was all about giving the youth better insight into the kind of environment they will be entering.

Guest of Honour, Sonia Bashir Kabir, Managing Director of Microsoft Bangladesh, shed light

on the different way technology has fused with our culture and brought about revolutionary change. She expressed her aspirations to work towards providing technological tools to women in different corners of Bangladesh.

The evening ended with Chief Guest, Selima Ahmad, President of the Bangladesh Women Chamber of Commerce and Industry (BWCCI) and Vice Chairperson of Nitul-Niloy Group, handing over the 2017 YSSE Awards and motivating the crowd with advice and words of inspiration.

## Making a DIFFERENCE

Bangladesh is rapidly moving towards middle income status by 2021. Our businesses definitely offer immense opportunities for the growing economy and this diversity needs a stage for the stories untold. See Bangladesh make its mark on the global map as Making a Difference brings you our proudest success stories from across the country.

## 3 GREATEST CAREER MUSTS AS WE GROW OLDER

If you're in your 30's, you are probably giving as much thought to retirement as you would to the colour combo on the rickshaw you are riding to work. But it is never too early to start thinking about three things in preparation for that day you quit.

### First thing: you don't quit, not really

Keep busy. I have seen the effect of this practice versus never being practised. My paternal grandfather was a busy, active man till he passed away at a ripe old age. He looked after a sprawling business, a lot of land, and many children. He never gave up on maintaining his work, always seeming busy making calculations to save and utilise a penny. I have seen this exemplified by many active senior people. And then there are those who have given up. A person is like a machine, stop using it and parts start to gum up. This is not to say you keep working your nine-to-five till the end of days. Far from it. But do something that matters to you.

### Invest in a hobby

Harrison Ford was a carpenter. After American Graffiti, Ford wanted to settle for the steady income of carpentry. Star Wars called and he became a superstar.

But he never gave up on working with his hands.

You don't have to aim at carpentry after you retire. You could do anything. A hobby often pays off far bigger interests than just a potential career opportu-

active. In an article on Wired, neuroscientist Adam Gazzaley and colleagues at the University of California, San Francisco, talk about how their research found gaming rejuvenated elderly brains. Retirement isn't about sitting and staring at a beach. Well, for a few minutes maybe.

### Diversify your skills

Expand your field of interest. If you write great fiction, try gaining experience in the field of script writing or editing. If you paint, learn a graphics software.

Interested in running? Practice tai chi and become a nutritionist. Walt Disney started as a newspaper editor. He was fired for a 'lacking imagination'. He seems to have had too great an imagination. Perhaps it held him back as a news editor who is often required to be coldly factual. He realised his skill could be transferred elsewhere.

The brain is the main tool you should be honing till it's time to call quits. One last time, use it or lose it.

EHSANUR RAZA RONNY

The writer is Editor of the career, tech and automobile publications of The Daily Star. He is also an entrepreneur of a baby clothing business and previously worked in advertising as a Senior Copywriter

