



August 2010 – Words Of Wisdom from a 90 Year Old

What is a 90 year old man's coaching goal?

I had a lovely conversation the other week at the coffee shop with a 90 year old man and his younger 86 year old "female friend" (doesn't every guy hope he has a female friend when he's 90?). They had driven to town for the afternoon to see a new exhibit at the art gallery and enjoy coffee and cake afterwards. While I was working at the table beside them with my iPod on I became aware of their presence – my choice was to stay focused on my work or take off the headphones and become engaged with these people next to me. Off went the power and immediately he asked what I was working on and what I did for a living. When I replied that I am an executive and life coach he said he'd never heard of that profession and could I explain. After my brief explanation he asked if I could help someone his age achieve his goal? I asked what his goal was. With a big smile on his face, he said to live. To which his friend quickly jumped in and enthusiastically said "you don't just want to live, you wouldn't be happy with just that, you want lots of life in that live!"

He had been a professional librarian after the war, working in Canada, the US, the UK and Europe. He loved his profession, helping other people learn, being exposed to so much new and exciting information, and assisting people from around the world. Take note of the language he used: loved his job, assisting others, learning, new, exciting... A career of passion and service had led to his fulfillment. He had to retire when he was 86 and has since tried to keep active, busy and social. Well, if his interaction with me was any indication he was doing a great job.

When they were done their coffee and cake he thanked me for my time and for sharing my passion with them and bid me a good afternoon. But not before he asked for my business card to maybe take me up on my offer to help him pursue his goals!

My learnings from the 90 year old man:

- Eat and enjoy cake
- Be curious in others and in life
- Service others in some way that brings you joy
- It's never too late to pursue your goals
- Turn off the laptop and iPod and engage with someone nearby
- Surround yourself with friends

How many of us who is half his age have forgotten to live, with lots of life in our live?

Live your potential!

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