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Context to the nugget

Lynda speaks about how our understanding of ageing is based on what we see with our parents but says that we might experience ageing very differently. She speaks about the need for us to think actively about how we would allocate time if we lived 100 years and urges us to take sabbaticals and breaks to recharge and rejuvenate.

Transcription

Deepak Jayaraman (DJ): May be making it tactical again Lynda most of the people who are actually experiencing success or often busy from a practice perspective what are some of the things that you see people do effectively, effective people do rather? Reflection is a journaling is it something else if you could talk to us about some of the things if we can do?

Lynda Gratton (LG): I think it's really taking time out you know I am a huge advocate of how you allocate time and one of the things that I have you know really said in the Hundred Year Life and now I study for more... the next book is. A hundred years gives you a lot more hours and how you allocate those hours and how you distribute these hours is very important and you should be distributing them to take time out you know you should be taking holidays, you should be long weekends, you should be taking sabbaticals... because if I say to you, you are going to work till you are 80. People say will I can't work like I am until I am 80 and I say okay we'll imagine what would it take for you to work till you are 80 and then people come up with a different way of phrasing that the phases of their life begin to change so I think we are in a period of transition at the moment not just its not just that we are personally transitioning I think that organizations and societies are transitioning so you are always going to be up against institutions it aren't us developed us like them to be.

DJ: If I may ask the question a little more sharply when you are in your 70 in an ideal world do people land up working 80% of the intensity of their 40s do you have a view on the intensity curve?

LG: Well that a good question and that's a good question we explore a great do more then you book actually I think you know our idea is what age is and how people age are obviously based on our parent's ageing processes but actually people ageing differently all the time and we think that just in terms of describing age you should be thinking about old as being in your 80s it's not in your 60s or in your 70s and I don't say any reason at all why somebody in their 70s wouldn't have exactly the same energy as somebody in their 40s and if anything might have more energy because they are not looking after children which I think is when I look back to my life the period when I was tired this was in my 60s. It's was when my children were young.

Reflections from Deepak Jayaraman

DJ: When I was training for a Half Marathon, I remember my trainer telling me that your body has a pace that can be comfortable with. Respect it and run with it and you will be fine for the long run. Otherwise you will be huffing and puffing. I think that metaphor applies to life as well. If I may take an example from Cricket, it is worth asking the question, if life is a Test Match, are you playing it like a Test Match or a one-day international game or as a power play in 2020.

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End of nugget transcription

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Lynda Gratton - Nuggets

- 53.00 Lynda Gratton - The Full Conversation
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- 53.02 Lynda Gratton - Mid-life today: a double whammy
- 53.03 Lynda Gratton - From 3 stages to multiple stages
- 53.04 Lynda Gratton - Specialization versus Generalization (T to Pi)
- 53.05 Lynda Gratton - Cathedrals vs. Shopping malls
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- 53.08 Lynda Gratton - The Power of Options

About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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