

Transcript

Wynne Leon

Welcome to the Sharing the heart of the matter podcast where we honor the storyteller in us all. I Wynne Leon and in this episode Vicky Atkinson and I are with Blogger and retirement specialist Michelle Oram. We all love Michelle for her grounded approach to decluttering and the accountability example she provides. She shares some of that and more in this episode, featuring her cluttered tail. Michelle provides a great approach with what to do as we declutter and uncover the wonderful memories that are stashed in the objects we've hung on to by riding out those stories, Michelle shows us how we can hang on to the essence, even while saying thank you. And letting go of the objects. So Vicky and I laugh along as we talk about a piece of French homework from the 80s. And we appreciate. The greater lessons taught by an effective high school teacher. This episode is a fantastic dive into how we celebrate and share the life we've lived while freeing up the space. For the life we have now, I'm certain you'll enjoy the scenic and beautiful places we go when we share the power of story. We know you'll love it.

Michelle Oram

Hi, Michelle. Hi, Wynne. Hi Vicki.

Wynne Leon

Hello so good to see you.

Michelle Oram

Well, it's great to be here. Thanks for having me.

Wynne Leon

You look relaxed in your post retirement phase.

Michelle Oram

Yeah, it's a whole new phase of life that I've just entered. Yeah, it's so far, so good.

Wynne Leon

So good.

Vicki Atkinson

Ah, no. Well, and and we know how. Busy post retired life can be and and we'll have to get to that because we know you're working on some really exciting projects and like so many retirees, it feels like people kind of launched from, you know, what was traditional working life into this. You know, second life that's so full of so many exciting things. And we know you're up to.

Speaker

Mm-hmm.

Vicki Atkinson

All kinds of good stuff. But.

Michelle Oram

I've always got a few irons in the fire.

Vicki Atkinson

Yes, but we love it. We we love visiting with you, Michelle, because you do such a good job of looking back and bringing things forward. And we were so excited that you wanted to visit with us about a series that you actually started in 2021 on your blog about clutter. Tails and you know, I can't think of anything that's a better unifier for people. People then you know, battling clutter and you know, dealing with, you know, just all those little pockets of things that seem to accumulate. But you have such insight about all of that and and we love, you know what you've written about it because for some of us, we remember the pre Internet days where having things, you know, in physical form. Paperwork. You know, all this stuff was sort of a reality of life. So, you know, we love visiting with you, but we know as as we're inviting our storyteller friends to come and join us, you've got a couple of gems to share with us. About clutter tails. So we'll turn it over to you.

Michelle Oram

Sure. So, so back in 2021, I decided it was time to take control of the clutter in my life. And, you know, it's really interesting. Like, what led me to do that? Well, a lot of it comes from just thinking about, well, I don't want someone else to have to deal with this down the road when I'm not around anymore. Right. And yeah, not to mention just looking around and you go, why do I still have all this stuff? I shouldn't get rid of some of it.

Speaker 4

Yeah.

Michelle Oram

So I started this decluttering series on my blog, where it was 52 weeks of decluttering, and every week I tackle the different area of my home and decluttered and to keep myself accountable. Because, you know, sometimes you start the year with really good intentions and then you get a little bit lazy and you just don't get it done. So to keep myself accountable, I committed at the beginning of the year.

Speaker

MM.

Speaker 4

Yeah.

Michelle Oram

That I was going to share every week on my blog an update on how I did that week. So I got a few weeks into the year and I said I yeah, I'm finding all this stuff and you know, one of the first questions I asked when I'm decluttering is did I even know that I owned this? And that's a great question. Of stuff. Yeah, like it really is like, it's not even do I use this. Do I need this? It's really. Wow. I found stuff lurking in drawers that I had completely forgotten that I owned. Yeah, so.

Speaker

Oh.

Michelle Oram

It was like, wow, this is really kind of cool because some of those things really brought back some really cool memories, right. And and took me back to a different time and a different place. But when you're decluttering, you can't. Keep all that. Stuff, right? Like at some point you have to say goodbye and you know. Three, I'm not a big fan of Marie Kondo because I just think she's a little extreme. But you know, Marie Kondo always says, you know, thank your items and let them go. So with that in mind, I thought, well, how could I do that? So. Oh, I found this thing. Well, why don't I write A blog post about what this thing is? How I used it in the past, what it meant to be, and then that would, you know, capture the story but then let it go. So that's where clutter tails came from. So I thought I could do a whole series on this, and I did. And I actually invited some of my readers.

Vicki Atkinson

Yeah.

Wynne Leon

MHM.

Michelle Oram

To share their own cluttered tails. So I had a series of I wrote most of the posts, but I had a series of guest posts from some of my readers where they think they're clutter and and they you. Know.

Speaker 4

Yes.

Speaker

So.

Michelle Oram

So I really because I think one of the challenges for people with decluttering is the sentimentality of it, right? It's the ohh, my gosh, I can't get rid of this thing because this person gave it to me and that person gave it to me. And I will admit that some of the things I wrote about I kept because they were that important to me that I wanted to keep them.

Speaker 4

Yeah.

Michelle Oram

But a lot of them, I I thank them, wrote the article on my blog. And then I let them go. So that's where clutter tales came from.

Speaker

Hmm.

Michelle Oram

And you raised the sorry.

Vicki Atkinson

What I love about that, I wanted to share. Oh, no, I. Yeah. What I love about that is that you gave yourself some time to consider it rather than just, you know, doing that kind of ramp and everything goes, you know, in the garbage or give away you slow the process down enough to really consider. And then the writing about it, it will live forever in that way. So I I think that that's.

Speaker 4

Right.

Vicki Atkinson

That pause is was such a meaningful thing for you to do.

Michelle Oram

And I think that's where my approach to decluttering is different than some of the traditional decluttering experts that say, you know you must complete it all in a weekend. You must get rid of it. Like, don't even think about it. Sentimentality aside, just get rid of it. If you don't use it. Right? So I've always. I like to take for a couple of reasons. I take a much more thoughtful approach.

Vicki Atkinson

Yeah.

Speaker 4

Yeah, yeah.

Michelle Oram

One because I want to make sure that I don't.

Speaker

Mm-hmm.

Michelle Oram

Do anything hasty that I later end up regretting, and secondly, from a sustainability point, if you I don't want to be filling the landfill with my crap, right, I would rather take my time and get rid of things, give them to someone who wants them and can use them rather than just tossing them to the curb on on Monday morning and and you know, if that's it, they're gone. Not my problem.

Speaker 4

Yeah.

Speaker

No.

Vicki Atkinson

Yeah.

Speaker 4

Yeah. Yeah.

Michelle Oram

Anymore, right?

Vicki Atkinson

Yeah. No, I love that.

Michelle Oram

So I chose a couple of tails.

Vicki Atkinson

But in in doing that you have to get comfortable making a mess and letting it be for a little bit. So it's I guess that's the other thing. Forgive me for interrupting you, but I was. I'm thinking about that. I think sometimes I move too quickly through the process because I get stressed about trying to clean up a mess and making a.

Wynne Leon

Yes.

Speaker 4

Yeah, yeah.

Michelle Oram

No, it's OK.

Vicki Atkinson

Bigger mess, right being there.

Wynne Leon

Transition.

Michelle Oram

Yeah, exactly. Yeah. And I've kind of resigned myself that, you know, every little step is a step in the right direction, right. And everything I get rid of helps. And if it takes me 10 years to get it done, so be it. Right. Like, it's not like there's it's not like I'm moving next week and I have a sense of urgency. Right. This is just something I'm doing.

Wynne Leon

Good. MHM.

Speaker 4

Yeah.

Michelle Oram

Over a period of time, I'm still at it. Three years later, I'm still decluttering. I'm going back and refreshing the series every week now and redoing the tasks and the good thing is this time around I'm finding less stuff to get rid of, right? Because I did make good progress. So it's a reminder of the progress.

Speaker 4

Wow, yeah. Uh-huh.

Michelle Oram

Like machine which is always a good thing. So.

Vicki Atkinson

Yeah. Wonderful. Well, we, we love that you have some additional examples and stories to tell, so keep going. This is all very inspirational. I, as I look around my very.

Wynne Leon

Hmm hmm.

Vicki Atkinson

My very messy objects. I'll close my objects here.

Wynne Leon

Supposed to notes you're gonna have to let it go, huh?

Vicki Atkinson

Vicky. Ohh girl. Yeah, it's it's a good thing the camera is just on me in the background. Yeah, our friends don't need to see. But Michelle, you're giving oodles of inspo here. Yeah.

Speaker 4

Yes.

Vicki Atkinson

For my.

Michelle Oram

OK, so I have a a short snippet, a couple of short snippets. If we have time, but the first the first short snippet was the one of the first clutter tales that I ever wrote.

Speaker 4

Yeah. Yes.

Michelle Oram

Was. About my high school shorthand textbook. Now you may have listeners that don't even know what shorthand is. It goes back to the days when you know the boss would say take a letter and the secretary would sit with her pencil and her stenos. That and she wasn't speed writing. She was actually using shorthand to write down a letter, which she would then go to her typewriter typewriter. There's another one and typewriter, right? So I don't know how I even had this textbook because we were supposed to turn in all of our textbooks at the end of the school year. But somehow on my bookshelf, I had this.

Vicki Atkinson

Race. Yeah, yeah.

Michelle Oram

Shorthand textbook Michelle.

Vicki Atkinson

You're a naughty girl. Naughty, naughty.

Michelle Oram

I know, I know somebody. They don't teach it anymore at my high school or otherwise. Like, you know, the high school library police might be coming after me that hey, wait to find this book.

Vicki Atkinson

Yeah, right. Right. Oh, my gosh. Yeah.

Michelle Oram

So in my in my clutter tail high school typing class shorthand too. I wrote a few things, so I'll I wrote a couple paragraphs down here to to share with you and your listeners.

Speaker 4

Yeah, great.

Michelle Oram

So by far my biggest memories of high school typing class and shorthand class are of my teacher. I was in her class for typing and shorthand in both grades 11 and 12. Mrs. Collins was a very strict Russian. Lady. I have to admit, we were all a little bit or a lot depending on the. Day afraid of her? She ran a tight ship and there was no room for tomfoolery in her class. This was serious business.

Speaker

Oh.

Michelle Oram

Looking back, missus Collins taught us lessons that extended far beyond the typing and shorthand. We were there to learn. She taught US skills and qualities we would need to do well in the working world, from showing up on time to avoiding the serious crime of chewing gum in the office knowing. How short a skirt is too short to wear in the office, we left her classroom knowing how to conduct ourselves. We were ready for office life, and it's interesting how holding that textbook just brought all of that back to me, right like this. She was a a fierce lady and we convinced ourselves that.

Speaker 4

Yeah.

Michelle Oram

He was a Russian spy that had been set to spy. On Canadian teenagers.

Vicki Atkinson

Oh my gosh, it was like.

Michelle Oram

In the Cold War era, right where the air? Yeah.

Vicki Atkinson

Yeah, great. Great. Ohh my gosh, I love that. And I think there is something about when you were talking before about the decluttering, there's something about tactile memories holding things that really is, it's like transportation, you know, and time travel. But again, your point about slowing things down, that only happens if you give yourself the moment.

Michelle Oram

Mm-hmm. Mm-hmm.

Speaker 4

Right, yeah.

Vicki Atkinson

To connect right.

Wynne Leon

Right, right. And interesting how the top.

Speaker 4

Yeah. Oh, yeah.

Wynne Leon

Make. Worse into, you know, sort of lifestyle that she was teaching you, right. Yeah, yeah.

Michelle Oram

Yeah, yeah, yeah. And it's funny too, because, you know, it's funny that my my daughters often say to me they're young adults, right. And they say we can't believe you're still friends with some of your friends from high school. And we can't believe that, you know, you still have these vivid memories of of high school. And it's like, yeah. It is really funny and and it's one of the reasons that. Like to me like taking that time to write that story and to share it on my blog. Well, now it's captured forever, right? The textbook is long gone, but I took some pictures of it and I shared them in my blog post. Right. The textbook is long gone, but those memories are there and they're captured forever. And I do think.

Speaker

Yes.

Speaker 4

Yeah, yeah.

Michelle Oram

One of the reasons I love your podcast and your blog as well, is that you allow people to capture some of those stories and share them because. Because that is so important, cause the time will come when we're not there to share anymore. Right. And. And that's why one of the reasons I still blog, it's one of the reasons I write down so many of these things is so that down the road, you know, 50 years from now when I'm not around anymore, my daughters will still have those to look.

Wynne Leon

Right.

Speaker 4

Yeah.

Wynne Leon

Mm-hmm. Yes.

Speaker 4

At yeah, yeah.

Vicki Atkinson

Reach into the future. It's the only way we can really do it right, you know. Wow, I love that. And I love when's point about, you know, kind of the scary teacher. Right. And so she taught you the skills. But isn't that what we love most about our favorite teachers and why we remember?

Wynne Leon

Yeah, yeah.

Vicki Atkinson

Them because things that they taught us and instilled in us are valuable decades later. They're right there, right. Wow.

Michelle Oram

They're still, yeah. And I've often thought throughout my working life when we would get people, you know, in the office, not dressed appropriately or other things. And I've often thought they obviously did not have Mrs. Collins and Gardner.

Speaker 4

Yeah.

Wynne Leon

They didn't.

Vicki Atkinson

Thanks for this day.

Wynne Leon

You need a refresher with Mrs. Cullens.

Vicki Atkinson

Or no. Yes, yeah. Yeah, it was not all bad. Yes, absolutely. Right.

Michelle Oram

If they have, they would know.

Vicki Atkinson

Love that I had a former student who asked me once because I mentioned having to take a typing class when I was a freshman in college. I think and she asked me about what shorthand was. Was that like caveman texting? And I was like. Ohh, what kind of right? I mean it was. Yeah. Like, OK, maybe, but yeah, it's a concept that is just completely removed, right. So all of that.

Michelle Oram

And it's it's a. Sign of how much and and that's one of the things I find the most interesting right is how much technology has changed our lives and changed the world that we. Live in and.

Speaker

Even.

Michelle Oram

Even when I was in high school, shorthand was on its way out.

Wynne Leon

Mm-hmm.

Michelle Oram

Like it I. I often think, Gee, I spent two years in school learning a skill that I've really never used in the workplace. But I. Because, you know, Dictaphones were around in those days. That was that. You know that the next evolution and the the, you know, take a letter was now well now the boss would dictate the letter into a Dictaphone and the Secretary would type it up on her typewriter and then over time, then, you know, as when I entered the workforce then.

Speaker

Hmm.

Speaker 4

My crazy. Yeah.

Michelle Oram

We then we got PC's right and then the box type in their own letters and emails, right. So yeah.

Speaker 4

Yeah.

Wynne Leon

Yeah. We finally talked the boss to type.

Vicki Atkinson

Oh, gosh, right. Yeah. Wow. So good.

Wynne Leon

That's not. Good. And you had another cluttered tail that you? Yeah. You're gonna tell us.

Michelle Oram

So the second one. Is called memories of 1980s high school me. So as I was looking through my bookshelf, so these both of these stories actually came from my bookshelf as I was looking through my bookshelf, I found my high school years.

Speaker 4

Books.

Michelle Oram

And when I opened up my Grade 13, so in Ontario back in those days, we had grade 13, which the final year of high school was almost like first year of university, like it was the next step. Right. So in my grade 13 year book, there were tucked in the front some memorabilia, my high school.

Speaker

MHM.

Michelle Oram

Pine Table was there. My report card was there, so all of the all of that stuff. But one of the things. That I found was a sheet of paper that was a piece of French homework, so I'll read to you what I wrote about that other item. I said, ah, yes, the 1980s. It was the era of big hair, bigger dreams and even bigger shoulder pads. Yes, during. During your recent book Decluttering Session, I came across my high school yearbook. Tucked away in front of my Grade 13 yearbook were a few pieces of memorabilia, the commencement program, my Grade 13 class timetable, and the subject of today's post, a piece of homework from one of my French classes. French homework. What kind of memories could possibly come from a piece of French homework? Well, this sheet. With a list of questions and answers about our favorite things as I read it, I realized that 1980s high school Michelle had some different likes and dislikes to twenty 20s. Michelle.

Vicki Atkinson

Imagine that some of the.

Michelle Oram

Things some of the things it was interesting, right? Because probably there were like 20 things on the list, and maybe about half of them, I would still say, yeah, they're absolutely true today, including who's your favorite band? Well, it's queen. It's all of them. That always will be Queen.

Vicki Atkinson

I was gonna. Say yeah, girl, right? That would have to be on the list, right? Ohh my gosh.

Michelle Oram

Yeah. Yeah. So that so that was one. The other thing was, who's your favorite politician? And I said, I don't have one, cuz they're all stupid. Not far from the truth, even today. In fact, it's probably worse today.

Vicki Atkinson

Well, you know. Absolutely.

Michelle Oram

Than it was then, but but anyway.

Vicki Atkinson

Yeah, no doubt.

Michelle Oram

So you know those were. A couple of things that had changed, but then there were a number of things that, that, that or those were things that hadn't changed. There were other things that had changed, was who is your favorite singer?

Speaker 4

Yeah.

Michelle Oram

And I said, Tom Petty, who I still love, Tom Petty. I still think he's great, but I think Elton John has replaced Tom Petty in. My heart over the years. My favorite. Yeah. So yeah. I mean, unfortunately, Tom's no longer with us, but yeah, he was fabulous. But no, Elton John is right up there with Queen as far as I'm concerned. The other thing was, what's your favorite movie? And I said.

Vicki Atkinson

I'll give you that. That's OK. Yeah. Yeah, I'm alright with that. Yeah. Yeah. I know.

Speaker 4

Yes. Yeah.

Wynne Leon

Hmm.

Michelle Oram

Gone with the wind, which is really choice for me. Yeah, I think. Yeah. I think Forrest Gump, which obviously wasn't made in those days, but Forrest Gump is probably replaced.

Speaker 4

Ohh.

Wynne Leon

Interesting.

Speaker 4

Yeah.

Michelle Oram

That and then things like the food. So what's your favorite vegetable? That was fairly boring cuz I said my favorite vegetable was carrots and my favorite fruit was apples. So no like no, I was not very adventurous I guess back in those days, which maybe reflected how you know the type of cooking.

Speaker 4

Oh.

Wynne Leon

Ohh.

Michelle Oram

What my mother did for us.

Wynne Leon

Yes.

Speaker 4

Ah.

Michelle Oram

But you know, now I would probably say asparagus and and some kind of berries. Maybe raspberries would be at the top of list of foods.

Vicki Atkinson

Can I ask you a question about that? Was your choice a reflection of your vocabulary in French? Like, were you? I'm.

Michelle Oram

Yes. Yeah.

Wynne Leon

It's that's such a good.

Vicki Atkinson

Point work arounds, right? Cause I could go like fresh strawberries. But I have to really think about some things, right?

Wynne Leon

Quite.

Michelle Oram

Yeah. Well, I I think I would have known how to say Raspberry in French, but maybe not asparagus. Like, maybe not. Maybe.

Speaker 4

Yeah, yeah, yeah.

Wynne Leon

I yeah. My answer to all the questions poem to tear.

Vicki Atkinson

Yeah, which for me would be accurate, right? I would eat a potato any day, right? Yeah. Any day. Oh, that's hilarious. Yeah.

Wynne Leon

Look at you, Vicki, translating on the fly.

Vicki Atkinson

Yeah, dusting off. Yeah, exactly. Oh, my gosh. Oh, my God.

Michelle Oram

Use Google Translate.

Vicki Atkinson

That's hysterical, but I understand why you would like go. Wow. I was, like, a boring, right? Yeah, yeah.

Michelle Oram

Yeah, yeah. And my favorite. The other one, too, is my favorite beach. I'm not really a beach girl. Honestly, I love water and I love the ocean, but I'm not. I lay on the beach, sit around on the beach, kind of person, never happen, and never probably will be. But. My favorite beach. Valance, which is not even a real beach. It's like A at a small conservation area not far from where I live growing up it. It's. Yeah, it's not a real beach. I said no. I was gonna.

Speaker 4

Interesting. Interesting. Yeah. Yeah.

Michelle Oram

Pick a favorite beach. It would be a real beach.

Vicki Atkinson

But also an interesting question for your teacher to ask. Clearly, you know Beach lover to say, hey, students, tell me your favorite beach.

Michelle Oram

Yeah.

Wynne Leon

Yeah. Yeah, right. Yeah, yeah.

Vicki Atkinson

Interesting.

Michelle Oram

Yeah. So that was. A real fun look down memory lane at at well you know how much.

Wynne Leon

Yeah.

Michelle Oram

Had changed but also how much had not changed since my high school years. Right. It's it's interesting.

Speaker 4

Straight yeah.

Wynne Leon

Yeah, and and all this reminiscence makes me think. I wonder if Miss Cullen's, you know, taught how big of a shoulder pad is too big.

Speaker

Oh oh.

Michelle Oram

You probably did. Yeah. It's so funny. The the fashion. Ohh, my gosh. Yes. The fashion in the 80s, it was. This is the early 80s, right? So yeah, big big hair.

Wynne Leon

Ohh.

Speaker

Right.

Vicki Atkinson

Big hair. But you know, I wish I had a Norma Kamali red knit turtleneck dress with massive shoulder pads. And I am still and it was like, Maxy, enough length for me. You know, I'm like 5-9 and I'm so mad at myself that I I gave it away or something because I could have just clipped the shoulder pads out. Right. Why did I do that? Right. It was, yeah. Ohh my gosh, so revealing.

Speaker 4

Yeah, yeah.

Vicki Atkinson

Your cluttered tails are pretty pretty fabulous. Michelle, they are.

Speaker 4

Yeah.

Michelle Oram

They they're fun and and there was another one I found notes from a. Fortune teller visit. So years ago I went to see a fortune. Teller and I found the notes that I had written of things she told me during that visit. So that became another clutter tails. So there's a whole series of these clutter tails and and they really are I go back and read them from time to time and they make me smile because they bring back so many memories of a a different time and allowed me to.

Speaker 4

That. Yeah.

Michelle Oram

Explore some of these stories and tell some of these stories, and I think that's that's what it's all about, right?

Wynne Leon

Yeah. So good. We love those stories and you know, they talk through the link at.

Vicki Atkinson

We do and we'll. All so people can.

Wynne Leon

Yes. Read one of the things I remember reading about is.

Speaker 4

That.

Wynne Leon

16 to 25 those years are what we often we, you know, are referred to as the reminiscence, but because we just are packed full of memories from that particular time, that's so fertile for growth and interaction to change. I mean it's just that that we do so much.

Speaker 4

Yeah.

Wynne Leon

Social. In those years.

Michelle Oram

Yeah, it's true and they form who we are, right, as as a, as an individual. Right. And. And it is interesting.

Speaker 4

Yeah.

Michelle Oram

To be transported back and for me music does that for me, right? So I hear a song and I'm immediately back in the 80s and I heard something. This is actually, I don't know, the science behind this. But I did hear that listening to music from the year you turned 18 actually helps to keep you young.

Speaker

Right.

Michelle Oram

And to keep a young outlook, so I have a whole playlist 18 till I die, I call it right, so five the year I turned 18 which is 1982, which was the year I graduated high school. So there you go. So all all these memories are all from that same time in my life.

Speaker 4

Oh.

Vicki Atkinson

List of songs from oh.

Speaker 4

Yeah. Yeah.

Vicki Atkinson

I'm with you all the way and it depends on what you look at 18. I've heard 11:50. I've heard the reminiscence bump, but all of that explains why anytime someone gets in my car, it will be, you know, if I've got SiriusXM on, it'll be the bridge, you know, because it kind of hits that array of of songs.

Speaker 4

Yeah.

Vicki Atkinson

During that time. But I'm so happy to hear that music for you is one of those, you know, continuity threads. Because you know, if our listeners don't know Michele's got a beautiful voice and she sings in a band and she's not just a fan of queen, but the girl can actually sing Queen. So I mean, you know, yeah, no doubt using you too. Yeah, yeah, yeah. Well, thank you so, so much. This was so much fun. And I can see us having more clutter tail chats in the future, but absolutely so inspirational. And the way that you do that, not only the stories that come out of it, but the whole process is so.

Wynne Leon

In many ways. Good. Thanking and letting it go. So.

Michelle Oram

And I have been as I go through. It's interesting as I go through my second round of my 52 weeks decluttering challenge, I haven't written, oh, I did. I wrote about my bowling shoes. That's right, that that's the story for another time too. But I just found the other day something that I put aside and said, yeah, that's a clutter tail.

Speaker 4

Ohh.

Michelle Oram

So just stay tuned, there will be more clutter tales to come.

Wynne Leon

So good.

Vicki Atkinson

Well, and more about all of your other projects and activities. So we look forward to learning about all of that. Anything that you wanna particularly mention right now before we close? You're busy.

Speaker

Ah, lady.

Michelle Oram

Sure. So so yeah, so I recently I call, I say retired and air quotes from my from my full time career and I'm you know diving into my second life, I am looking to set up a retirement coaching business. So I certified as a retirement coach to help people with the non financial side of retirement. So I'm looking to do something with that haven't quite figured it out yet, but that's the beauty of the stage of life. You can make it up as you go along and figure things out as you go. And then I'm also working on a book project, collaborating on a book with a couple of other. People about the impact of longevity and how that should make us rethink how we spend our later years, right? It's not sitting in a rocking chair on the porch watching the world go by. There's so many things that you can still

contribute to this world after you reach that you know, age where people just want to put you out to pasture.

Speaker

Nah.

Speaker 4

Huh.

Wynne Leon

OK.

Michelle Oram

So that those are. A couple of things I'm working on.

Vicki Atkinson

Wow. Well, we'll be talking again soon. Lots. Lots to tune into, but thanks for the inspiration. Today I'm looking around again, going OK. I've got some time, right?

Speaker 4

So good. Yes.

Vicki Atkinson

Yeah. Oh, my goodness. But thank you both. It's always fun.

Wynne Leon

Thank you, Michelle. Thank you, Vicki.

Michelle Oram

You for having. Me. Bye. Bye.

Speaker

Hey.

Wynne Leon

Thank you for listening. Our music is composed for sharing the heart of the matter by the exclusively talented duo of Jack Canfora and Rob Koenig for show notes and more great inspiration, please visit our site at sharingtheheartofthe.Matter.com.

