

THE CONVERSATION:

Edited by
HANNAH
NATHANSON

THE
FUTURE
OF
US



THE SCIENCE:

HOW TO WORK THE WORKPLACE*

* AT EVERY AGE

BY GWENDOLYN PARKIN, PSYCHOTHERAPIST AND
CAREER CONSULTANT AT THE SCHOOL OF LIFE

We remember the people who taught us the most. They're not necessarily teachers or university lecturers; they could be colleagues who set an example, who can change both your life and your career. The professional impact on individuals and for companies as a whole can be huge. Here's how to make the most of an age-diverse workplace.

WORK FOR YOURSELF

Set up a self-employed business. We should have a portfolio career to encourage flexibility, employability and skill development in the 'gig economy' [short-term contracts]. The employer or industry will no longer be the centre of your career – you will be.

RESEARCH THE FUTURE

Keep up to date with the technological revolution that we're in. Start by watching online TED Talks about the workplace – in particular, Andrew McAfee's What Will Future Jobs Look Like? – and you will find numerous resources from there.

LEARN ON THE JOB

Find role models who have the skills you don't possess. If you're a baby boomer (1946-1964), boldly approach the gen-Xers with technology questions. If you're a gen-Xer (1961-1981) or younger, ask a baby boomer with outstanding leadership, commercial or resilience skills to mentor you.

STAY IN SCHOOL

There are lots of organisations that can help you develop the skills essential to the future of working. For example, The School of Life, General Assembly and Decoded all help demystify the role of technology in the workplace.

OPEN YOUR MIND

We know more than ever about how the human brain works, and yet many people are not aware how this technical age impacts us, or that the mind can change remarkably at any age. The Mindsight Institute, founded by Dr Dan Siegel, offers expert techniques on how to deal with challenges, nurture your mind, cultivate mindfulness both at work and in your personal life.



THE ICONS:

FASHION'S MOST FABULOUS OLDER MODELS

THE STATISTICS:

32

The perceived age when women achieve their perfect hairstyle – after having 1,196 'bad hair days' since the age of 16**.

39

The age at which a woman's salary peaks – while a man's peaks at 48***.

LAUREN HUTTON

Her big break was with Revlon in 1973, but more recently, the 73-year-old has modelled alongside Kate Moss for Alexander Wang x DoSomething, walked for Bottega Veneta SS17 and featured in an underwear campaign for Calvin Klein.

CARMEN DELL'OREFICE

Having modelled as a teenager, Carmen Dell'Orefice, now 86, has already retired once – more than 40 years ago. She's been photographed by Irving Penn, Cecil Beaton and John Rawlings, and now she's back working with Isaac Mizrahi, Gianfranco Ferré and Thierry Mugler, and is bigger than ever.

DAPHNE SELFE

At 89, Daphne Selfe is officially the world's oldest working supermodel. She's been photographed by Mario Testino, David Bailey, Rankin and Nick Knight, and she's hitting it big on Instagram with 35.2k followers. Daphne shows no signs of slowing down, recently declaring: 'My daughter skydives. If I were allowed to jump out of a plane at my age, I would.'

ERNESTINE STOLLBERG

The 95-year-old Austrian former dancer Ernestine 'Erni' Stollberg is the model for Viennese concept store Park. She got the job after regularly shopping at the store and building a good relationship with co-owner Markus Strasser, who describes their partnership as a 'special collaboration'. ▶

at the HEART of this MAGAZINE'