

Wisdom Café - May 3, 2023 - Beaver Lake Lodge
What is the best advice you have ever been given?

1. Are you a person who easily accepts advice, or are you reluctant to do so?

- It depends on the circumstances
- Strangers' advice is less appreciated than from someone I know
- I don't give advice unless I am knowledgeable
- I try to consider if someone wants my advice, before I offer it
- When advice has good info, we tend to listen
- Times have changed, 50 – 70 years ago people learned from the learned. Today we have the internet, and the older people are not always regarded as wise
- Religious leaders today are trusted as wise
- We tend to have more confidence in people we feel are experienced
- I would not trust a stranger to tell me about nutrition
- EBH- Evidence Based Health – google it

2. What would you call a person who accepts advice? Is it a good thing, or a bad thing?

- Smart
- Wise
- Life-long learner
- Humble

3. Is giving/receiving advice age related?

- Sometimes – we were taught to respect elders
- Today's generation is not always interested in listening to their elders. They rely on the internet

4. Do you think receiving advice is like a compliment?

- Not if I did not ask for your advice
- The humble thing to do is just say thank you
- If someone offers advice, and you don't agree - be kind
- Remember their intentions are good

5. What is the best advice you have ever been given?

- From my high school brother, who told me don't be afraid to ask, the worst they can do is to say no.
- From my parents who steered me into tech, not restaurant/hospitality
- Yes, if you allow yourself to pursue your passion, you will be fulfilled and more happy
- I learned from a life coach that what you put into a relationship you will always get back
- Start with a positive attitude and you will be happier
- In the US, we have electives, is that true in India and Kenya?
 - In India we have 5 subjects the emphasis is on academic and life skills. There are no electives.
 - In Kenya it is a British education, no electives but we do have apprenticeships
 - In Bulgaria, my parents wanted me to go to law school. It was not a good fit for my personality so when I came to the US, I studied to be a librarian.
- It is true that people who are more positive about aging live 7 years longer