

Finding Purpose



Terttu Ndunge
T. Uuyuni

Terttu Ndunge T. Uuyuni has a bubbly and warm personality and is extremely passionate about what she does. Throughout our interview she continuously to laugh and maintain high spirits and that is how she manages to love her work as a life coach or values and goals consultant. "I don't believe in working for retirement, I believe in working for now. I want to enjoy life now and live for now not only after I have retired". This is perhaps what spurred Terttu to make the tough call of changing her job. The daughter of teachers, Terttu had thought about going into teaching herself but after taking an aptitude test it was revealed that she was more suited for technical or consultancy-based fields. She completed high school in Oshigambo and obtained a BCom degree from UNAM. "In my final year I interned for Standard Bank, whilst finishing off my studies". This, no doubt, was a challenge, but through hard work Terttu managed to complete her four year degree in 3 years, already pushing her ahead of the curve.

After completing her studies Terttu then worked in the banking industry for 15 years. During that time she managed to make a tremendous rise from a junior assistant financial analyst to heading the Analysis and Examinations Division of the Banking Supervision Department at the Central Bank. Though this rise was

monumental there was much more that Terttu envisioned for her career. She did not feel like she had "arrived".

Terttu craved a sense of fulfilment in all avenues of her life by wanting to work but also spend quality time with her family. "The echo of my baby crying when I left for the office would follow me throughout the day and I did not enjoy that", she said. Working in the financial sector, though a worthy experience, left her anxious and Terttu realised that she needed to make a change.

In December 2010 she left the Bank of Namibia (BON) to find her true passion and ultimately find a new purpose for her working life. "I decided this is it. I gave myself time to prepare and in that time I also spoke to my husband about the change", Terttu said. This decision did not come easy to her and she was very aware of the pitfalls and risks involved with going into business for herself. The very next year Terttu started her own consultancy, which focused on values and goals training for companies. "I try to train people to find their purpose and how to work towards it. I try to empower people by training them on personal growth and becoming a better person in all areas of their life".

Terttu's approach is based on values. She requires her trainees to ask what

it is they value the most in their lives and provides practical advice on how to balance their work life with their personal lives. In this regard it is important to find a steady and sustainable balance between work, family, health and their own personal well-being.

There is no doubt that it is difficult for most people to find out what they value most, as it is equally difficult to find the time to focus on these values. A strong support system and passion for what you want can make all the difference, she maintains. "Passion and determination will guide you. You don't necessarily need training". She is a shining example of someone who with no training in the consultancy field took a chance and achieved her goals. Terttu, who has two children, describes her husband as her best friend and therefore has felt immense support in their partnership.

Terttu's future goal is to reapply her values programme to a younger market so that youth can develop the necessary skills to not only achieve their goals while completing their secondary and tertiary education, but have useful soft skills to apply to the work place.

In February Terttu was one of the key speakers at the first annual Leadership Development for Women Namibian conference in Windhoek. There she spoke of her personal experiences and how important it is for women especially to seek balance in their own lives.

PALENI AMULUNGU