

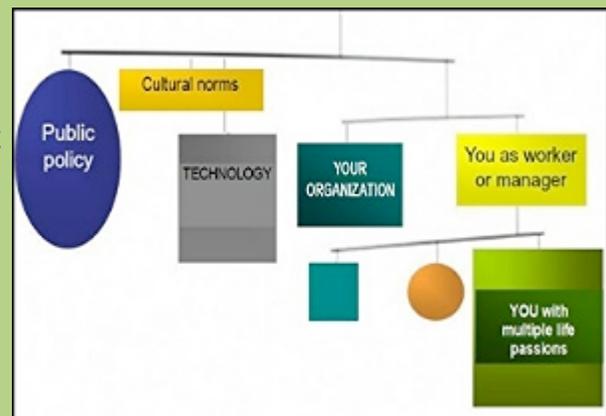
"What if not just women, but both men and women, worked smart, more flexible schedules? What if the workplace itself was more fluid than the rigid and narrow ladder to success of the ideal worker? ...

And what if both men and women became responsible for raising children and managing the home, sharing work, love, and play? Could everyone then live whole lives?" - Brigid Schulte, author of Overwhelm

How do we put these ideas into action today AND for the long run?

There are multiple forces that can make us feel stuck in a life that is going too fast. But there is a better way.

Like a mobile that can be influenced by multiple positive forces - public policy, our workplaces, the actions we take in our own lives - all of these factors can work in concert to create new norms where everyone - young and old, parents and nonparents, executives and hourly wage workers - can create lives that are better for families, communities, work places and our environment!



Making change for the long run

Join us for a discussion about how we can all be part of this larger force for change.

Brigid Schulte will be speaking with us on our next Thursdays with ThirdPath call. Together we will examine each of these different factors - public policy, cultural norms, technology, organizations and our own lives. We will then explore how each can be harnessed to work in concert to create change for all.

Get started today

Want to put these ideas into action? Join us ***Saturday May 3rd*** for our first ever ***Shared Care Celebration***. We've got a fun day planned for parents who have discovered - or would like to discover - how they can redesign work and family to feel more successful in both areas of their lives. [Click here](#) to learn more about Shared Care and our Shared Care Celebration.

Join one of our "Overwhelm Mitigation Groups" - ***OMG! An Introduction to Integration***. We've had great success teaching people at all points in their lives how to push back at the feeling of overwhelm and create more satisfying lives. [Click here](#) to learn more.

Or read on to see how two leaders have already applied some of these ideas and created greater efficiencies at work and greater joy in their lives.

Together we can make a difference for ourselves and for generations to come.
/Jessica and the ThirdPath team

Flexibility improves how we work ...

Sarah From's recent article made us jump for joy! Straight and to the point she captures what we've learned from our "[integrated leaders](#)" - when leaders work flexibly, they become role models for more change.

Here are the examples she provided of how flexibility can help leaders feel more successful at work and life:

Working from home - Natalie, the director of campaigns for an international advocacy organization, has a huge job that involves setting direction for her organization's work and supervising several teams of campaign organizers. Natalie arranged to work from home one Friday a month so that she can do the writing, reflection, and planning her role requires.

To do this, Natalie had to gain the buy-in of her supervisor, and communicate to her coworkers the importance of this time for the organization's mission. Perhaps most importantly, she had to convince herself of the value of these Fridays and "protect" her calendar by saying "no" to meeting requests (something that required some practice).

Working flexibly - Dan, the founder and executive director of a rapidly growing organization, was unable to get traction on his "thinking work" amidst a nonstop stream of meetings, emails and requests for his attention.

To address this, Dan devised a three-part approach to use work flexibility to ease the pressure. First, he blocks off Tuesday and Thursday mornings to work from home on his "thinking work." Second, whenever his schedule allows, he takes a midday yoga class on Wednesdays, which helps him manage his stress. And finally, Dan takes the first Friday of every month to spend with his family. This practice helps him feel more connected to his loved ones and more focused when he's back at work.

Want to read Sarah's article in it's entirety? [Click here](#).

Want help putting these ideas into practice?

This May we are launching our "Overwhelm Mitigation Groups" - OMG! for short! [Click here](#) to learn more. Ask about our reduced rate for nonprofit professionals or two-for-one rate for couples who want to develop these skills at the same time.