

## TOGETHER WE CAN SHAPE THE FUTURE

*We've got another exciting year of Thursdays with ThirdPath webinars that are all about fostering change ...*

[Click here to download a PDF listing the full season of webinars.](#)

You'll notice that Anne-Marie Slaughter is our very first guest. She will be joining us to discuss her new book - *Unfinished Business*.

***As Anne-Marie Slaughter says:***

***We can renew America, in line with the best of our history and ourselves, as a country that values work and family equally and enables its citizens to live full and happy lives.***

To foster even more change, we have two special offers for millennials:

1) Are you under the age of 30 and planning to have a family one day? We would like to include you in our next "Integrated Life Advocate" learning group.

See [attached flyer](#) to learn more.

2) Are you just starting a family? See our "PS" about the documentary film maker.

Read on for an excerpt from Anne-Marie's book ... and a great explanation for why we need to include men, women, work and family to make change.

Here's to another great season of Thursdays with ThirdPath webinars.  
/Jessica and the ThirdPath team

***PS - Documentary film maker looking for couple to interview!***

*A documentary film producer is looking for a family whose circumstances in the workplace keep them bound to traditional parental roles at home. NYC metro preferred, but not required. If you have recently become parents and you are willing to share your story, please send contact information and a short bio to: [gina.nemirofsky@vice.com](mailto:gina.nemirofsky@vice.com)*

## Why we need to look at the "whole system" to create change ...

Brigid Schulte's book - *Overwhelmed* - does an excellent job describing the web of forces that make us feel like we have to choose between work and family.

Grab a copy of her book, [print our reader's guide](#), and discover why things feel so challenging and what we can do about it to make change. Here's a quick overview of what you'll learn:

First Schulte shows us how overwhelm isn't just a personal problem, it's a global problem. Have you experienced overwhelm?

Q: How often do you feel like you are experiencing "contaminated time" - the mental noise that races around in our heads while we are trying to focus on something else?

Q: If you could convert the time you waste being interrupted and distracted into a more effective and satisfying use of time, how would you use this time?

Schulte then takes a hard look at our workplaces and how they continue to reward the ideal worker - the person who arrives first in the morning, leaves last at night.

How do ideal worker norms impact you?

Q: How have you been impacted by the increasing demands of a workplace that assumes you are available 24/7?

Q: Who could you talk to - at work or outside of work - to find ways to reduce chronic overwork, increase flexibility and improve you and your colleagues effectiveness at work?

Next, Schulte shifts her focus to family - even exploring her own journey. She asks:

Q: How does the cult of intensive motherhood contribute to our sense of overwhelm?

Q: How does an increase in men's involvement at home not only change things for women and children, but also for our workplaces?

Schulte then travels to Denmark - where women have more leisure than any other country studied. She also discovers play isn't just good for relaxing, it helps us think more creatively.

Q: How would the concept of hygge - embracing the beauty and warmth in the simple moments - increase the amount of time for play in your life?

Q: Is the "pursuit of happiness" - as touted in the Declaration of Independence - still valued in America?

***Both Brigid Schulte's and Anne-Marie Slaughter's books help us think about how all of these forces keep us stuck, but also recognize that when women and men join together to change work and family anything is possible.***

Want to learn more about the "whole system approach to change?" Join one of our Integrated Life Advocate groups. Read the [attached PDF](#) to learn more.

# Unfinished Business

*Anne-Marie Slaughter is talking about big changes! In her new book - Unfinished Business - she argues for valuing caregiving and competition equally. To do this she also knows we will need to exercise our collective political power.*

Here's an excerpt of what she says in her concluding chapter:

"We Americans love self-help. *The New York Times* devotes an entire separate bestseller list to self-help books. Manuals that tell us to lean in or stand up or climb over others as a way to enhance our personalities, overcome our flaws, and assure our progress, speak to a national religion of self-improvement. **After all, if it's only up to us, then change is within our control. It doesn't depend on organizing or mobilizing others within a political system that many of us see as dysfunctional.**

"Don't get me wrong. I've bought as many of those books as anyone else has - from how to lose weight to how to find inner peace. **But when we're talking about the kinds of changes I am calling for, the only way each of our lives is going to get better is if we work together. We can't do it on our own; we have to exercise our collective political power to change the system. We've done it before, and we can do it again now.**

"I'm trained as a lawyer and policy expert; I know as well as anyone that "policy" is just another word for a set of guidelines as to what we should do in a particular situation - e.g., "Honesty is the best policy." Public policy means the principles we decide as citizens that we want to live by, principles that our elected representatives translate into regulations and laws. It's the crystallization of what we can do if we come together and decide how we want our tax dollars to be spent. **We can renew America, in line with the best of our history and ourselves, as a country that values work and family equally and enables its citizens to live full and happy lives.**

She then goes on to describe what we need to do to create an "infrastructure of care." Pointing out, "A major argument in favor of building a universal infrastructure of care, **by mandating things like paid leave and job protection for pregnant and even part-time workers, is that it levels the playing field for those businesses that are trying to do the right thing.**"

Valuing both competition and caregiving, she concludes, will help us "**reinvent ourselves once again, as we have many times before. We can be exceptional once again, not only for the speed of our computers and the power of our armies, but for the strength of our communities and the quality of our care.**"

**Be part of this important conversation! Join Anne-Marie Slaughter on our next Thursdays with ThirdPath webinar, 10/22/2015 @ 1pm ET.**