

JOIN US NEXT THURSDAY: #MenWomenFlex!

Read this whole newsletter so you can get ready for our "not to be missed" Thursdays with ThirdPath webinar with Anne-Marie Slaughter!

Anne-Marie Slaughter is the author of the widely read article, "Why Women Still Can't Have it All." Next week she will be joining our annual Father's Day webinar to discuss her ground breaking book, *Unfinished Business: Women Men Work Family*. Can't join us? Follow the live tweet at #MenWomenFlex.

OMG! Give Away ... When you join next week's webinar we'll tell you how you can win a discounted registration fee for our next Overwhelm Mitigation Group - OMG! This newsletter provides a sneak preview of the "10 integration skills" we help you develop by participating in these groups. You can also learn more on our [website](#).

Let's Celebrate Father's Day ... We love the changes we've seen around fatherhood since ThirdPath was founded 15 years. Yes - it's good for dads. Yes - it's good for kids. Yes - it's good for women's careers. But it's also good for the parent's relationship to each. Read on to discover the many benefits of Shared Care - whether parents are living together or apart.

An Incredible True Story ...

We are also sharing one of our favorite "fathers as trailblazer" stories in this newsletter. 26 years ago, this father took a 6-month paternity leave to care for his infant son. He then wrote one of our favorite pieces describing his experiences and lessons learned. It's truly incredible!

There is so much to celebrate! Thanks for being part of the ThirdPath community!
/Jessica and the ThirdPath team

PS - Do you know a male or female leader who has followed an integrated career path? Put them in touch with us. We'd love to connect them to our growing, vibrant, Pioneering Leader community. Read on to learn more.

The many benefits of dads involvement at home

How wonderful to have Anne-Marie Slaughter join ThirdPath's long-term commitment to men's involvement in caregiving.

Below are just a few of the ways involved dads are making a difference:

- Sharing both work and family responsibilities improves communication and brings parents closer together as a couple
- Sharing both responsibilities helps parents understand each others experiences. Both also learn to ask, "What's enough work? What's enough parenting? Are we creating time for the things we most care about?"
- Each parent develops their own unique strengths around how to care for their children. Collectively they develop a larger, more flexible set of tools to care for family.
- By sharing bread winning, both parents play a role in the family's financial needs. This may also lead to more creative decisions around how to manage earnings, savings, and spending, and provide an opportunity for a parent to leave a non-supportive workplace or a dead end job.
- In addition to becoming resources to each other at home, both parents can also become excellent resources around planning and strategizing next steps in the paid work they both do.
- Creating a shared approach to work and family - especially when both parents learn to set boundaries that work for the whole family - means both parents learn work can enrich life and life can enrich work.

When Dads are supported to play an active role at home, AND both parents craft an integrated approach to work and life, the word "partner" takes on a whole new meaning.

Stop! There's more good news! Learning to share care of children helps parents share in the care of aging loved ones. [Click here](#) to learn more.

10 skills for following an integrated career path:

ThirdPath's Pioneering Leaders have taught us why prioritizing life alongside work improves how we work - even in our new 24/7 business environment! Here's what we've learned:

- 1) **Create "quiet time"** - Find ways to have regular, uninterrupted work time for thinking, assessing and planning.
- 2) **Tame email overwhelm** - Adopt better habits reviewing, managing and responding to emails. It will help you, and the people you email, work smarter.
- 3) **Improve "workflow"** - Increase you and your team's ability to anticipate and manage the pace and quantity of the work you do.
- 4) **Manage the seasons of work** - Design systems, both at work and at home, to handle the periods of time when work is extra busy.
- 5) **Design win win delegation** - Use delegation as a way to mentor and grow more junior employees and to create more time for your most important work.
- 6) **Take your vacations** - Learn how to fully (or significantly) turn off work on vacation. Doing so improves everyone's teamwork, planning, and creativity.
- 7) **Maintain an experimental approach** - Develop and test new ideas that clarify priorities, find efficiencies, and advance goals that support work and life.
- 8) **Develop highly valued non-work activities** - Stay committed to your life goals. Your on-going commitment to them will help you become more effective at work.
- 9) **Get to know yourself better** - Understand your own personal patterns, especially the ones that get in the way of making the changes you want.
- 10) **Get gentle support from your partner and friends** - Ask those closest to you to hold you gently accountable to your whole self.

Here's the phrase Anne-Marie Slaughter uses to sum up this integrated approach, "If family comes first, work cannot always come second, instead we must find successful and sustainable ways to have life come together."

***Want to learn how to put these skills into practice?
Join our next OMG! 12 call series. To learn more, [click here](#).
Or email: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life@ThirdPath.org) Subject: "OMG!"***