

EXCITING NEWS AS WE GET READY FOR OUR 20TH ANNIVERSARY!

Join this month's Thursday with ThirdPath webinar to hear more about this exciting news ... we've also included three big hints about what we'll be revealing below:

Hint #1 ... It's about thinking differently around how we work. For example, it's about helping everyone - individuals, teams and leaders - learn how to avoid "chronic overwork" and better manage "episodic overwork." This is something we learned from [Ben Applegate](#), one of the wonderful leaders who will be attending this year's Pioneering Leader Summit. [Check out our Transformative Flex article to learn more.](#)

Hint #2 ... It's about thinking differently around gender -- not just at work, but also at home. That's why we've asked Whit Honea to partner with us on this exciting new project. Want to learn more about Whit? [Read his recent Washington Post article.](#) Or see the next section of our newsletter for The Atlantic video about him.

Hint #3 ... It's about making the impossible possible - the title of this year's Thursdays with ThirdPath webinars! To do this we need to support both men and women -- over the course of their lives -- to be successful at work AND have plenty of time and energy for the ones they love. Read this month's newsletter to get a sneak peek about why this is more possible today than ever before!

Thanks for being part of the growing, vibrant, inspiring ThirdPath community!

/Jessica and the ThirdPath team

PS - Here's [more information](#) about this April's Pioneering Leaders Summit where the progressive managers and leaders we work with learn together, share ideas and network.

Navigating Love, Family, and Two Careers

We know it's challenging ... but over the last 19 years we've discovered a new paradigm, both at work and at home, that makes "integrated careers" more possible.

We've learned a lot from pioneering people like Amy and Marc Vachon - authors of the wonderful book *Equally Shared Parenting*. Amy and Marc are a great example of a couple who have both moved ahead in their careers while also creating time for their children and relationship to each other.

To follow this path, they developed a variety of "integration skills" that let them discover ways *to become more effective at work so they had time and energy for their lives outside of work*. You too can follow the path Amy and Marc Vachon have traveled, and the following four practices are a great way to begin:

1 - Create Time to Reflect

Make the most of slower periods at work to assess what you are doing and develop fresh and creative ways to focus on your most important work. If no slower periods are in sight - gain a fresh perspective from a short vacation, a "no work" weekend, or even just a quick walk outside during your lunch break. As Marc said on [our webinar with these two pioneers](#), "The only way to think in new and creative ways, is if we aren't constantly running around putting out the next fire."

2 - Make Changes Outside of Work

Develop a clear sense of highly valued non-work activities. Create time for family, friends, volunteer work or projects that feel of equal importance to the work you do. Your spouse, a friend, a family member, or coach can also become a resource to help you reach for these goals. Amy and Marc were always clear that they wanted to craft a life where they were successful at work, partners in the care of their children, and to continue their involvement in activities beyond work and family. It turns

out by doing this, they've also created a healthier, less harried lifestyle - something they are modeling to their children as well.

3 - Make Changes at Work

Professionals who want to live an integrated life learn how to create routine quiet time, plan for busy seasons, as well as other techniques to better manage work and life responsibilities. Learn more about the tools Whole Life Leaders use to help improve their effectiveness at work. The beauty of these skills? They are very teachable, and we can help you get started right now.

4 - Experiment, Learn, Repeat

Maintain an experimental approach. Remember, changes may need to happen both at work and at home. As Amy and Marc progressed in their careers and moved into positions where they began to manage others, they had to keep on learning new ways to make it all work -- whether it was Amy creating a job-sharing leadership position, or Marc's conversation with his boss to collectively combat overwork and overwhelm. But both would agree, the journey has been very worthwhile.

Want to Get Started?

Join this month's Thursday with ThirdPath webinar - or listen to our previous ones. We share one-of-a-kind information to help you succeed in work AND life!

THIRDPATH'S PIONEERING LEADER SUMMIT -

April, 2019

Every two years we invite the progressive managers and leaders we work with to attend our biennial Pioneering Leader Summit.

In 2017, of the pioneers who attended the Summit:

- 30% worked 2 or more days remotely, and of this group, almost half worked fully remotely
- 35% of our pioneering leaders and managers who attended the Summit were men
- 45% of the attendees were working, or had worked, reduced hours one or more years over the course of their careers.

To find out more about this unique opportunity for professionals committed to success in their careers while also creating time for life:

Email: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life@ThirdPath.org) **Subject:** 2019 Summit