

**IT'S TIME FOR THE WEEKEND  
WHAT DO YOU HAVE PLANNED?**

*We hope this newsletter will encourage you to take a walk in nature, find time for fun, and inspire new ways to craft a "whole life" - one that includes time for work, love and play.*

***Take a walk in nature ...***

Science proves how a walk in the park may soothe the mind and, in the process, change the workings of our brains in ways that improve our mental health. Why not try it this weekend?

***Learn why down time is key to a more joyful life ...*** Join our next Thursday webinar when Joe Robinson - an expert on work life balance and creating time for play and exploration in our lives - draws on the latest research that shows why creating a well-rounded life brings us more joy.

***Enjoy this month's newsletter ...*** Read on to see how Amy and Marc Vachon, authors of *Equally Shared Parenting*, crafted a life that supports equal investment in every aspect of their lives - work, family, and personal interest.

***See how ThirdPath practices what we preach ...*** Meet our two new ThirdPath employees. Both have designed their own "third path." Welcome Rashi and Diana. We're so happy to have you be part of our team!

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

/Jessica and the ThirdPath team

***PS - Send us an email and let us know how you enjoyed your weekend ... we plan to tweet these ideas next week as we prepare for our call with Joe.***

## Meet Diana and Rashi!

*We are very proud of our newest ThirdPath team members. When you read their stories, you'll see why they are a great fit for ThirdPath, and a great example of how organizations can support people to live "whole lives."*

### ***Diana Blasdel - Fundraiser and adventurer***

Each week Diana, her husband, and their rescue mutt Remy LeBaeu settle into a hotel in a new city. Diana's husband is the lead actor in the traveling production of Jersey Boys, and now Diana is figuring out how to blend this nomadic lifestyle while also being ThirdPath's first Manager of Development and Donor Relations.

When first hired, Diana was asked to create her preferred "triple win" schedule - a schedule that was good for her, good for getting her work done, and good for the people she worked with. Having spent years working 12-hour days and weekends, this was a first. To figure it out, Diana took out a red marker and blank weekly calendar and then began mapping out the times she needed to commit to ThirdPath and to other obligations.

It took a few tries before Diana found a schedule that really worked - one where she had a full day for exploring the city she was visiting, time to have breakfast with her husband in the morning, and long windows for work that really let her sink into ThirdPath projects. What she learned is that sometimes it takes a little experimentation to devise, adapt, and alter a schedule that truly creates space for all our different life interests.

Diana is excited to see how well it's working. However, when their performance tour ends, or something else shifts in her life, she will "have to figure it out again and again." However, she's thankful to work for an organization that will move through this process with her.

### ***Rashi Shyam - Crafting a life that includes work, love and play***

Having grown up working in her parent's store, spending years in investment banking and then eventually owning her own business, Rashi is no stranger to a dedicated work ethic. Today, as ThirdPath's new Manager of Programs and Operations, work continues to play a prominent role in Rashi's life, but so does her commitment to caring for her family, and even a little time to unwind.

After years in investment banking, Rashi decided to start her own event-planning business so she would have more time for family meals, to help with homework, and attend her children's sports games. However, she quickly learned her new business could at times mean "there was no end" to the work to be done. Rather than being free to fully enjoy her child's sports game, she had to keep one eye (or two) focused on work.

Taking a position with ThirdPath, Rashi is beginning to see a new way of working. With a self-created set schedule that allows for time at the gym in the morning, a boss who respects the time limit of conference calls, and flexibility to adjust her work hours if life happens (i.e. snow days!), Rashi is beginning to let go of the "I should be working" guilt. Instead she's learning how to be focused while at work, and then to "not feel guilty when giving myself time to unwind or spend time with my children."

As Rashi says, she is excited to work for an organization that truly reflects her life goals, supporting an integrated approach to work life and the shared care that she and her family are working towards. You can find both Rashi and Diana's [bios on our website](#).

*You too can design a life that gives you time and energy for all the things you care about!*

*Want to learn more?*

Join this month's Thursday with ThirdPath webinar. Joe Robinson draws on the latest research showing how creating a well-rounded life - including one that includes plenty of down time - brings more joy to our lives.

## **Crafting a Whole Life**

***Amy and Marc Vachon are the authors of the book, Equally Shared Parenting. Read on to learn how this approach has helped them create a life that supported equal investment in every aspect of their lives - work, family, and personal interest.***

### ***They began by thinking outside the box***

Marc had always pushed against societal norms that demanded long work hours and the expectation that men should be the primary breadwinner for their families. Amy - a strong advocate for gender equity - knew she wanted a partner who would share family responsibilities. Together, they knew an important ingredient for crafting this "whole life" was sharing in the work - and the joys - of caring for their family.

Marc and Amy described how they began their equally shared lifestyle and how they continue it today with school-aged children and increased responsibilities at work. We then asked B. Hibbs, who also participated in the call, how she would describe Marc and Amy's lives. We think she hit the nail on the head when she said they had a true spirit of generosity and a collaborative model where everyone felt satisfied, and each had honestly and openly communicated their wants. B. should know, she is a therapist and author of *Try to See It My Way: Being Fair in Love and Marriage*.

### ***They discovered team work is key - at home AND work***

Listening to Amy and Mark you can quickly see how sharing home responsibilities helped create a better way for each parent to manage their overall workloads.

We also learned that people who want to create a "whole life" not only need a team at home, they also need a team at work. For example, Amy and another mom both work 32 hours a week. Together they have created a one-and-one-half job share arrangement and they co-direct their department together. As Amy says, "MaryAnn is my equally sharing partner at work, and Marc is my equally sharing partner at home."

Marc, like Amy, had negotiated with his employer to cut back his work hours. He also described a point in time when a more collaborative approach at work made a big difference. [Click here](#) to read the rest of the story.

### ***Do you know someone who has modeled an integrated approach like Amy and Marc? We would love to interview them.***

Contact us at: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life(at)ThirdPath.org). Subject: Whole Life Leader.