

## **OMG! An Introduction to Integration and Peer Support**

To share 14 plus years of wisdom helping people “create time for life” **and** to celebrate the publication of Brigid Schulte’s book, *Overwhelmed, Work, Love and Play When No One Has the Time*, ThirdPath launched our Overwhelm Mitigation Groups!

The OMG! experience will help you push back at your sense of overwhelm, learn key work life integration strategies, improve your effectiveness at work, and increase your satisfaction with life.

### **A unique set of skills ...**

Through our work with male and female “integrated leaders” – leaders who have learned how to be successful at work while also carving out time for their lives outside of work – ThirdPath has developed an understanding of the unique skills these leaders use. Skills such as:

- Creating “quiet time” – Finding ways to have regular, uninterrupted time for thinking, writing, assessing and planning at work.
- Prioritizing work – Working with your team and/or supervisor to clarify priorities, including what work to focus on and what work can wait or go at a slower pace.
- Finding win-win delegation – Using delegation as a way to mentor and grow more junior employees and as a more cost effective way to get work done.

We’ve also developed methods to teach these skills to professionals earlier in their careers.

### **A unique learning experience ...**

Want to learn more? Join a series of 12 calls that meet once a month for an hour. Not only will you learn one-of-a-kind information, you’ll also be supported to put your skills into practice, learn from other callers about their experiences, and get a chance to test out peer support – a free on-going resource available to individuals who have participated in the call process. Here’s a sampling of topics we’ll address:

*Managing Workflow* – Participants are introduced to the “win-win” solutions for approaching work to increase both efficiency and creativity.

*Seasons of Balance* – Participants problem solve how to better manage – both at work and at home – the periods of time when work and/or life are extra busy.

*Introduction to Peer Support* – Participants are introduced to a process they can use now and later to help reach for their preferred work and life goals.

*Take Your Vacations* – Participants discover how disconnecting during vacations recharges our batteries, strengthens our ability to plan, and increases our sense of teamwork.

*Balancing Work and Family* – Group members share their experiences and learn how men and women can work together to meet the joys and challenges of family.

Want to get started right now? Order a copy of Brigid Schulte’s book and join our virtual book club and discussion group!

**REGISTRATION & FEE:**

The cost for ThirdPath’s OMG! calls is \$580 for the year – less then \$50 a call!  
(Do you work for a nonprofit? Ask us about our reduced rate for nonprofit professionals.)

Payment options:

- Option 1 – Pay the full fee and receive the \$580 rate for the year of calls
- Option 2 – Pay in 3 installments over the course of the year – total fee \$600
- Option 3 – Pay full fee by credit card – add 5.5% service fee to your payment

To participate, please contact us to ensure space is available.

**Email:** Bpetersthirdpath@comcast.net

**Once we have confirmed space is available, you can arrange your payment plan. Checks can be mailed to:**

ThirdPath Institute  
PO Box 9275  
Philadelphia, PA 19139

To schedule a phone call to learn more about our OMG! groups, sign up through TimeTrade at:  
<https://www.timetrade.com/book/4NNYG>

*Print, complete, and return this portion with your payment:*

Name \_\_\_\_\_  
Street address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Daytime Phone # \_\_\_\_\_

Please indicate your preferred start date:

\_\_\_\_\_ **Monthly calls starting in the Fall (September/October)**

\_\_\_\_\_ **Monthly calls starting in the Spring (May/June)**