

TWO YEAR CURRICULUM FOR INTEGRATED LIFE ADVOCATES (ILAs)

Below is a brief outline of what is addressed on ThirdPath's Integrated Life Advocate calls.

	Year 1	Year 2	
WORK REDESIGN			
<i>Win-win work redesign:</i> Solutions that are good for you and good for the work you do.	Call 1		Participants get to meet each other and hear examples of how they discovered win-win solutions in their own lives.
<i>Workflow:</i> Changing the pace and quantity of the work you do		Call 1	Participants look at the rational and psychological side of workflow (eg. win-win solutions versus fear of career risks)
LEADERSHIP REDESIGN			
<i>Leadership case studies:</i> Multiple examples of "integrated leaders" are shared with the group.	Call 2		The group is divided into sub-groups, and each sub-group reads and reports on a different integrated leader case study.
<i>"Stacy":</i> An in depth example, supporting leaders to live integrated lives		Call 2	Intro to 3 step process (1) clarify life goals (2) create regular work/life reflection and quiet time (3) conduct win-win experiments
ORGANIZATIONAL CHANGE			
<i>Large organization change:</i> Creating change at the individual, team and leadership levels.	Call 3		Review how individual, team and top sponsor support are required for organizational change.
<i>Top 10 and bi-weekly update process:</i> Systematizing an integrated approach to work		Call 3	Introduction to ThirdPath's integrated leader groups and the processes they use to maintain or improve their work/life balance.
WHOLE SYSTEM			
<i>Kristin Maschka's case study: This is not how I thought it would be</i>	Call 4		Participants review the "whole system" case study adopted from Ms. Maschka's book.
<i>The Fifth Frame:</i> Why redesigning family is critical to the change process		Call 4	No matter the organization, families are a leverage point for change – both at work <i>and</i> at home.
FAMILY REDESIGN			
<i>Exploring our own work-family stories</i>	Call 5		Participants answer a work-family survey to explore issues that influence decisions around balancing work and family.
<i>Begin "personal mastery" call series</i>		Call 5	Beginning with this call, participants explore the intersection between their personal experiences and their professional goals.
INDIVIDUAL CHANGE			
<i>ThirdPath's ILA community</i>	Call 6		Introduce seasoned ILAs and describe the different ways ILAs are involved in our work.
<i>Roadblocks to individual change</i>		Call 6-8	Call 6: Work Family Options Workbook Call 7: Getting Stuck and Unstuck Call 8: Work, Family and Money

Join our ILA community and help us support individuals, families & leaders to live integrated lives.