

**MAY AND JUNE WE'LL HELP YOU  
PUSH BACK AT OVERWORK!**

*Four decades ago, people who worked 50+ hours a week were paid 15% less than similar people working 35-49 hours ... Today they earn 8% more, a trend that also pushes couples with "equal career potential into unequal roles."*

**Learn what drives overwork with guest Brigid Schulte on next week's Thursday webinar...** As [Claire Cain Miller](#) explains in the must-read article we've referenced above -- the high pay that is now associated with overwork has negatively impacted women's advancement AND creative solutions for sharing family responsibilities at home. We'll discuss this growing problem with Brigid Schulte, author of the wonderful book, *Overwhelmed*, on next week's webinar. Read on for a sneak peek.

**On June 9th - find out how overwork impact's today's families on our Annual Father's Day webinar ...** Matt Schneider, co-founder of City Dads Group and a ThirdPath board member, will join us to discuss how lasting change will only happen if we include men in the process. In fact, Matt would argue, real change won't happen until men and women truly share the mental load of family work.

**All year long we've been exploring how to make the impossible possible - gender equity AND thriving families ...** Did you know the recordings for our entire 2018-2019 season of webinars are available on our website? Including our [most recent webinar](#) where Paul Rupert provides practical advice about how to launch an integrated approach to work and life at any stage of the life cycle.

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

/Jessica and the ThirdPath team

**PS - Want to learn how to push back at overwork and have more time for life? Email: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life(at)ThirdPath.org) Subject: OMG 12-call series**

# Reap the Rewards Across the Life Cycle

*Our April webinar taught us how following an integrated approach to work and life benefits everyone - from the start to the finish of their careers.*

On this webinar, Paul Rupert -- long term advocate for flexibility and founder of Respectful Exits -- provided [practical tips to redesign work to create more flexibility](#). However, whether you are phasing into retirement or getting ready for a new baby, changes like these also require creative thinking at home.

To learn more, read the following tips from Dr. Yogev's excellent book ***A Couple's Guide to a Happy Retirement*** ... You'll quickly discover she's provided great advice for a healthy relationship at any age!

## ***Share expectations -***

Take time to talk about what you both are expecting.

## ***Address your relationship with money -***

Get a sense of your "money style." Are you a spender or saver? Doing this helps you develop a common financial plan even if your styles are different.

## ***Prepare for mixed feelings -***

With every big transition (whether it's having your first baby, or launching into retirement) it's good to remember there will be some things we like, and some things we find more challenging.

## ***Address issues as they surface -***

When problems arise, avoid the temptation to sweep things under the rug.

## ***Custom design your days, weeks, months -***

Use a calendar to make sure both of your needs are being met. Don't over schedule.

## ***Celebrate your body -***

Create a routine of exercise and eating right. It's something that will benefit you every step of the way.

## ***Celebrate your sexuality -***

Just like creating healthy routines around exercise and eating, couples also benefit from investing in their connection to each other. When's the last time you had a date night?

Both our May and June webinars will help you learn how to make changes at work AND at home to create the life you want. Join them on the second Thursday of the month to participate in the live Q&A. Or listen to the [recordings](#) on our website or on [iTunes](#).

# How to Bring an End to Crazy Work Hours:

*The negative impact of long, inflexible work hours on the gender divide has been so significant, researchers say, it has canceled the progress women have gained from increased education.*

*ThirdPath's recent Pioneering Leaders Summit examined what drives overwork.*

When you bring 55 progressive leaders and professionals together to discuss the challenges of overwork, you learn a thing or two, like how "work first" careers and growth are linked to overwork, but how overwork is even a problem in more supportive workplaces.

*Our Summits have also defined a long list of benefits from people following integrated careers.*

The pioneering leaders who join our Summits have taught us how you can navigate an integrated approach to work and family -- even when working in less supportive workplaces. But most importantly, they've also shown us how following this approach has helped them transform their workplaces.

*What do we need to do to push back at overwork, promote gender equity AND create thriving families?*

In addition to good public policy (discussed on our March webinar), we believe change will happen because an integrated approach helps men and women work smarter, leaders make better decisions, and it improves the well being of families and society - that's something worth fighting for.

Join **Brigid Schulte** on our **5/9/19 @ 1pm ET** Thursdays with ThirdPath webinar. We'll discuss the challenges of pushing back at overwork, but we'll also show you why accomplishing this benefits our families, workplaces, and the overall health of our entire society.