

THURSDAYS WITH THIRDPATH: HOW TO MAKE THE IMPOSSIBLE MORE POSSIBLE ...

This year we explored Anne-Marie Slaughter's important mandates for change with some of our favorite organizations. Each mandate exemplifies ThirdPath's mission and provides a roadmap for creating thriving families alongside gender equity. Here's what we learned.

We launched our season with **Anne-Marie Slaughter** discussing her 5 mandates and how they provide the tools to design careers that support family well-being AND gender equity. Each mandate also helps us work smarter! See below for the links to listen to her insights around the how, why and what behind these mandates.

Our website has all the [recordings](#) of this season's webinars.



Mika Cross

1MFWF Mission:

- Bring flex to the forefront of workplace discussions
- Educate about flex
- Show how flex is a win-win
- Mobilize actions to promote flex
- Inspire 1 million to speak for flex

Director of 1 Million for Work Flexibility

Next **Mika Cross** from **1 Million for Work Flexibility** joined us to discuss the power of flexibility. We discussed how organizations can encourage both men and women to look for the unique flexibility in their jobs. We also took a look at how different jobs may require a different approach to flex, but there is always a flexible solution for every job.

Download the audio-version of the season from [iTunes](#).

In December, we had a lively discussion with management professor **Jodi Detjen** and **Jennifer Fraone** from the **Boston College Center for Work and Family**. Together we explored the need to set "win-win boundaries" if we want time and energy for what's most important - both at work and at home. Otherwise, flex can become working nights, weekends and even on vacations.



Agnes Uhreczky

Integration is good for organizations

- Better WF balance
- More energized
- More creative
- Less breaks
- More punctual
- Better attendance
- Less leaving early

In January **Agnes Uhreczky** joined us from the **Work Life Hub** to examine these issues from a global perspective. She's an expert in promoting healthy and productive work environments that support gender equality and diversity. Her approach to these thorny issues is through the bigger picture lens of labor markets, workplace culture and organizational development.

Next month we'll send you an update on the second half of our exciting season.

/Jessica and the ThirdPath team



Anne-Marie Slaughter

"We can renew America in line with the best of our history and ourselves, as a country that values work and family equally, and enables its citizens to live full and happy lives."

President and CEO
New America



Jodi Detjen

Jennifer Fraone



Take a vacation: It helps you work smarter

What we've learned from our progressive community is that disengaging from work while on vacation can improve our effectiveness at work and increase the skills we need to find a more satisfying approach to work and life.

Here are just a few of the benefits you can gain from your vacation:

- Time off can have several health benefits, such as reducing the risk of heart disease, stress and depression.
- Seeing new places and experiencing different things can have a positive effect on our overall outlook on life, providing a fresh and new perspective.
- Time away from work reminds us that work is just one part of who we are as we reconnect with friends, family and other life interests.

Want a list of ideas to help you increase the enjoyment of your time away from work that also maximizes the benefits upon your return? Try these suggestions:

Plan vacations around the "seasonality" of your work.

Schedule longer trips for less busy periods of work and "long weekend vacations" when work is busier.

Block off pre- and post-vacation "quiet" work days.

Avoid scheduling meetings and phone calls the day before you leave and the day you return to allow for the "unexpected" and for catch up time.

Create a "what can wait" list.

A week before you go, create a list of things that can wait until after vacation, versus tasks that must be completed before you go.

Decide how connected you want to be.

If you need to check email or voice messages, plan ahead (with the folks you are vacationing with) around what's least disruptive.

Carefully define emergencies.

Think ahead about what challenges could arise. Clearly define and communicate an emergency scenario to your team to avoid everything becoming one.

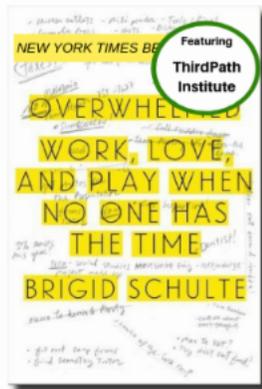
Keep track of what worked well.

Create a list you can refer back to of helpful ideas for planning your next vacation.

Don't forget, creating vacations that recharge our batteries may also require changing how we approach vacations as a family. When parents work together around how to make the most of vacations, it makes a better experience for everyone. **See more tips [here](#).**

Do you want support putting these ideas into practice?

Join our next OMG! Overwhelm Mitigation groups, read on for more information.



Fight Overwhelm!

Enter our raffle to win
Brigid Schulte's book

Take the Overwhelm survey

Join ThirdPath's Overwhelm Mitigation
Groups - OMG!



Find out more: www.ThirdPath.org

Our OMG 12-call series provides an opportunity to learn and master key integration skills.
The 1-hour calls meet monthly with a skilled facilitator, like-minded peers, and proven methodology.