

Join ThirdPath's Overwhelm Mitigation Community



Learn how to push back at your sense of overwhelm

We teach the science of work-life integration

During the OMG experience you will learn, practice and master a unique set of integration skills.

Our expert facilitators draw from personal and professional experiences as they help the group increase clarity around life goals and discover ways to work more effectively.

Join our OMG community. Connect to an inspiring group of like-minded professionals working together to put these skills into practice!

Prioritizing life helps improve your work

“My time with ThirdPath helped me understand how ‘quiet time’ is not just a nice thing to have, but a necessity to get my work done more effectively.”

“The calls helped me plan for the seasonality of my work... including making room for the unexpected.”

“Delegating tasks frees me up to focus on more important work, including challenging experiences that develop me professionally.”

OMG – Overwhelm Mitigation Groups!

In today's always-on culture, it's easy to get caught up in the incessant flood of new opportunities and lose track of “what's enough.” How can you create a life that nurtures your multidimensional self – you as worker, spouse, parent, friend, and hobby or exercise enthusiast? What feeds your soul?

The OMG experience gives you time and support to figure this out. Our OMG 12-call series helps you learn key work life integration skills, improve your work effectiveness, and increase your satisfaction with life so you can push back at your sense of overwhelm.

10 skills for success at work and time for life

1) Tame email overload

Adopt better habits managing and responding to emails so you work smarter.

2) Create routine "quiet time"

Find ways to have regular, uninterrupted work time for thinking, assessing, planning.

3) Improve "workflow"

Increase your ability to anticipate and manage the pace and quantity of the work you do.

4) Stay committed to life goals

Test how your commitment to non-work activities helps you become more effective at work.

5) Manage busy seasons

Design systems at work and home to handle the periods when work is extra busy.

6) Design win-win delegation

Grow junior employees and create more time for important work through delegation.

7) Take your vacations

Learn to turn off work on vacation. Improve teamwork, planning, and creativity.

8) Get to know yourself better

Understand your own personal patterns – what's getting in the way of the changes you want?

9) Get support

Don't lower your goals, instead, ask those closest to you to help you embrace your whole self.

10) Experiment

Test new ideas, clarify priorities, find efficiencies, discover ways to achieve success at work and in life.