Work-Life Integration Skills and the "New Ideal Employee"

Adopting an integrated approach to work and life helps you make sure you have plenty of time AND energy for your work and life goals. Following this approach sometimes even helps you discover new and more efficient ways to work.

In a world that is going fast and faster, many organizations have even learned there is a strong link between an employee's ability to have regular time for rest and recovery and their ability to maintain focus at work. This is wonderfully illustrated in Alex Pang's book, *Shorter: Work Better, Smarter and Less*.

Over the years, ThirdPath has also seen how an employee's motivation to live an integrated life helps them develop a unique set of skills that benefits their own lives and their organization. They learn these skills at work AND outside of work. It also turns out, striving for an integrated life helps them continue to develop and strengthen their skills over the course of their lives.

Today, ThirdPath would even argue, there is a "new ideal employee" – someone who is well skilled at integrating work and life.

That's because integrated employees have learned how to look for **triple-win*** flex – flex solutions that are (1) good for their needs, (2) good for getting their work done and (3) good for the people they work with, both colleagues and clients.

Join us as we explore all of these skills in our 2022-2023 season of Thursdays with ThirdPath!

8 Essential Skills for Work-Life Integration

Invest in Strong Relationships and Communication	Anticipate the Future	Plan, Prioritize and Re-prioritize	Cultivate Self-Discipline
Strengthen connection through trust, reciprocity & clear communication.	Plan ahead for peak periods of activity both at work and home.	Meet competing priorities by looking for ways to delegate, delete, or delay.	Focus on the present, even when completing your least favorite task.

Create and Utilize Quiet Time	Use Technology Strategically	Set Triple-Win* Boundaries	Take Calculated Risks **
Schedule routine time for planning, reflection & strategic thinking.	Find ways to increase the positive impact of technology and disrupt the negative.	State your own needs while considering the needs of the whole.	Know what's important, and keep reaching for your work and life goals.

** The amount of risk is significantly reduced in organizations that adopt a 4-day or 32-hour work week.