How Working COUPLES Can HAVE IT ALL by SHARING It All *

## GETTING TO


*And Why It's GREAT for Your MARRIAGE, Your CAREER, Your KIDS... and YOU

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## excel at your job be home for dinner

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## change the talk

 open frontiers for our kids
re-think time cut waste, cut guilt

take control focus (not balance)


# find common ground <br> skip mars vs. venus 

## re-think time

how many ways can you make the same widget/quality?

|  | India | China | Hungary |
| :--- | :--- | :--- | :--- |
| work hours | 12 | 8 | 10 |
| team culture | individualist | centralized | teamwork |
| work/life views | work 1 st <br> family 2nd | output/ <br> not hours | ebb/flow <br> of work needs |
|  |  |  |  |



## tame the time beast

## what you can do



good work? or just more work?

## $\left.\begin{array}{ll}\therefore 10 & 12 \\ E & 10 \\ =9 & 3 \\ \vdots & \\ & 7 \\ 6 & 5\end{array}\right)$

meetings... 20 minutes, written agendas

## study halls... quiet time, e-mail off

## take control

focus on what matters and measure it

## bad results at top firm...

until metrics discipline drove great results

| research rank | \% award <br> winning men | \% women <br> analysts | \% award <br> winning women |
| :--- | :--- | :--- | :--- |
| $\# 15$ | $20 \%$ | $20 \%$ | $20 \%$ |
| $\# 1$ | $40 \%$ | $28 \%$ | $81 \%$ |
|  |  |  |  |

## make your own metrics

 what you can do
what does your boss value? do a lot of that, report back in writing

aim high dare to do it differently

> performance
> earns you control

## find common ground get men and women on the same page



# the dad difference top predictor of good grades/behavior 



# 70\% of dads feel badly due to lack of time with kids 


divorce risks down $50 \%$ with equally shared roles

## mars/venus

finding common ground

# get rid of guilt re-thinking what kids need 


no household CEO acting as family co-heads
"choice" for boys/girls working dad=working mom



## 50+ hrs/wk AND dinner <br> = highest satisfaction



