Work and Family: Getting to 50/50
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1. REFLECT (First 10 minutes)
Each person, write about your experience.

Think of an unresolved issue that you would like to address through the use of the Strategies for Getting to 50/50. Is this issue about partnership? Planning for work/life balance?

What strategy would you like to experiment with employing?

What is the first step you will take? Depending on which strategy you have selected, this could be: brainstorming questions to ask your partner, picking the date/time for your couples one-on-one, planning a discussion to have with your manager, or deciding to let something go in the name of giving up on perfection.

2. PRACTICE (For the next 10 minutes)
Now pair up. Share with your partner your reflections on the Strategies for Getting to 50/50. What unresolved issue would you like to address? Workshop your plan for how you will navigate this issue using one of the Strategies for Getting to 50/50. Practice what you might say or do. After 5 minutes, switch and let your partner share. Stick to the allotted time so everyone gets a turn.

3. DISCUSS (For the next 15 minutes, as a group)
Each person, share one key discovery or reflection from this education module. What resonated with you (or not) based on your personal background and identity?

If time permits, select one strategy you would like to discuss further. Then have group members share how they have used (or could imagine using) this strategy to effectively navigate challenges facing their work and/or home life. For this discussion, share experiences, do not to give advice.

4. ACTION (For the final 10 minutes)
Pick One Action you will do after the meeting. Imagine who, what, where, and when it will happen. Each person, share the One Action with the group. Plan to report back at the next meeting.

One Action: