

Relationships and Careers Webinar: Insights & Tips

by Belinda Luscombe

Editor-at-Large, *TIME*; Author of [“Marriageology”](#)

- Relationships are changing
 - Knowledge economy has grown and women are increasingly more educated
 - Parenting much more intensive
 - Model of our parents not necessarily relevant
 - Do not (always) mold yourself to what your partner wants
Make sure to communicate your goals and ask for what you want
 - You are allowed to ask for help (childcare, reaching goals, chores)
 - Manage expectations from outside (cultural, generational differences)
 - Roles can change based on what is best for your relationship
- You and your partner are a team
 - Negotiate openly with your partner to find what is best for the team
 - Part of having team spirit is having compassion and respect for your partner
 - Communicate goals set in your team to people outside of your relationship (kids, extended family, employer etc.)
- Fighting
 - Resolve conflicts constructively and fight productively
 - Sometimes it's better to go to bed angry and fight in the morning
 - Avoid fighting on empty stomach
 - Have a conversation and make sure to hear what your partner is saying
 - often helps to repeat back what you heard to make sure you're on same page
- Pandemic/Lockdown Tips
 - Four times more women than men are leaving the workforce. Before taking this step, remember this is not just about your salary now. Run the numbers on the longer-term effects on:
 - social security earnings
 - experience
 - networks
- Research suggests brains love novelty, so do something with your partner neither of you have ever done before. The brain associates the novelty with your partner and thus good feelings with your partner.
 - As simple as exploring a place you have never been before or as daring as trying a new sport. (Different movie on Netflix does not count!)
- Where possible, spend some time apart
 - Walk on your own
 - Socially distanced gathering with girlfriends
 - Find a quiet spot and write/draw/sing/create for 20 mins (Browsing internet with headphones does not count.)
- When in doubt or at wit's end, try gratitude
 - Look for things that your partner does, even small things they do every day. Thank them.

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