

Appendix

The genesis of the Gender Code, page 8—The burning questions

1. What does a good day look like?
2. What percentage of your days are like this?
3. What gets in the way of having good days?
4. What are the biggest challenges you face as both a leader and a parent? Is this common to other women you know and are there other common themes you notice?
5. What works well in being a woman leader and having a family?
6. How do you prioritise your day? What influences your decisions?
7. How do you transition from work to home?
8. What sources of support do you have?
9. What are the essential elements that build connections with other people and create healthy relationships?
10. What does community mean to you?
11. How are your health and wellbeing?
12. What are you doing when you are in a flow state or losing track of time?
13. What do you wish you had known or understood years ago that could help other people?
14. What are your greatest hopes for leaders of the future?

Chapter 9—Productivity and caring pressure release

Human flourishing tasks exercise

I have tried this exercise a few times and it became laborious. The point is that your effort, energy and attention are valuable. Even a mental list will help you feel less overwhelmed and resentful.

But rather than focusing on what you are missing out on or not doing, you can see the positive work you do.

Day and time	Task	Why it is important
Monday Early morning	Help kids get ready for school and drop at the train station.	Give guidance, have conversations and practise organising.
Monday Mid morning	Organise transport for kids, after-school sport x 3.	Create opportunities for participation and friendships.
Monday Afternoon	Drive son to the airport.	Create an opportunity for him to build resilience and independence and spend time with my parents.
Monday Afternoon	Christmas shopping for family at the airport.	Think of others, what to give them — when I really hate shopping.
Monday Afternoon	Research different activities/groups for children.	Seek opportunities for children to experiment and try new things, and have fun.
Monday Evening	Plan, shop, unload shopping, prepare meals.	Provide physical nourishment for family.