

renegade

game changers | thought leaders | rule breakers | style makers

COLLECTIVE

ISSUE 20

**NO MORE
PREJUDICE**
HELPING
THE WORLD'S
MOST HATED

HOW TO
**FIRE
YOUR
FRIEND**

IT'S NOT ME, IT'S YOU
... AWKWARD

STEPHANIE
GILMORE
WHEN TO LET IT GO

**ASHTON
KUTCHER**

"EVERYTHING
AROUND YOU WAS
BUILT BY PEOPLE
NO SMARTER
THAN YOU."

THE
150
YEAR
OLD
START-UP
STILL ON TOP

**GET RICH
QUICK**
FROM
COMPLETE
STRANGERS

Kym

Emery

*Why everyone is
talking about her*



JOURNALIST
AND AUTHOR OF
*OVERWHELMED:
WORK, LOVE AND
PLAY WHEN NO ONE
HAS THE TIME, WHO
HEADLINED THIS
YEAR'S ALL ABOUT
WOMEN FESTIVAL.*

BRIGID SCHULTE

what I've learned

WORDS SERENA RENNER

PHOTOGRAPHY: PETER HEIMBERG

This award-winning *Washington Post* journalist and mother knows a thing or two about the elusive work-life balance. But after being told she wasn't utilising the 30 hours of leisure time she had each week, she ditched the notion of 'having it all' so she could have a life.

THERE'S ALWAYS THIS SENSE YOU'RE NOT GOOD ENOUGH, YOU'RE INADEQUATE. You don't look like Jennifer Aniston and you don't cook your dinner like Martha Stewart. You're not brilliant like Mark Zuckerberg or Sheryl Sandberg. You don't have hot, romantic sex all the time, and it's like, 'Oh my God!'

WHEN I WAS OVERWHELMED, I DIDN'T STOP TO THINK ABOUT THINGS. I felt more than anything like my life was passing by so fast, and I wasn't living inside it. Even though I was busy and there were good things going on, I felt like I couldn't enjoy them.

I CAN SEE WHY MARRIAGES BREAK UP. You have these old movies playing in your head, of role models you had as a kid or things you've seen on TV, and you're trying to forge a completely new path we have not seen in human history since maybe the Pleistocene Era. Our gender roles have been entrenched for centuries.

THE BOTTOM LINE IS NOBODY LIKES TO DO THE DRUDGWORK. But the drudgework has to get done, so it's time for that to be shared. It's a confusing, overwhelming time, particularly for women, because what they're doing has changed and yet so much of the world around them has not changed.

THE WORD 'FEMINIST' HAS BEEN SO POLLUTED, PEOPLE CAN'T EVEN SEE WHAT WE'RE TALKING ABOUT, which is allowing men and women to be human. These aren't 'women's issues'. They are human issues. They are human rights issues. They have to do with our society, our economy, our future, even our civilisation. They're really big issues that should not be marginalised or trivialised the way they have been for so long.

THE IDEA THAT WOMEN CAN'T GIVE UP CONTROL OF HOUSEHOLD WORK IS PARTIALLY TRUE AND PARTIALLY BULLSH*T. I think it's a matter of realising it's both partners' responsibility. So how do you share it? What makes women so crazy is the fact they're doing much of the physical labour, which is exhausting, but they're also keeping track of everything, and the mental labour is even more exhausting.

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I'm never going to
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I'M EXCITED MEN ARE STARTING TO BREAK OUT OF THAT VERY RIGID ROLE OF THE 'DISTANT PROVIDER'. The old roles trap men just as much as they trap women. If we really want to allow people to be authentically themselves and find their own path, then we have to let those old roles go for men and for women, and forge a new way.

YOUR BRAIN ONLY HAS THE SPACE FOR SEVEN THINGS IN ITS WORKING MEMORY. So when you're trying to work and take care of the house and deal with the kids and remember the to-do list and figure out what you are going to have for dinner, your brain feels like a popcorn machine.

THE THING THAT HELPED MY PRODUCTIVITY MORE THAN ANYTHING was realising, just as we have these 90-minute sleep cycles at night, we have 90-minute attentiveness cycles during the day. If you can harness them and use them productively (I literally set a timer for 90 minutes when I work), it's amazing the things you can get done.

I HATE THE WORD LEISURE; IT REMINDS ME OF A SLIMY LEISURE SUIT. I like the way Greek philosophers talk about leisure as the place to refresh

your soul and be fully human and present in the moment. If there's a word that captures that, I like that.

STUDIES HAVE SHOWN WOMEN FEEL LIKE THEY DON'T DESERVE LEISURE TIME. We have to earn it. And the only way to earn it is to get to the end of that to-do list, which never ends because you get a bunch of things done and then just add more to it.

NEUROSCIENTISTS ARE SHOWING US LEISURE TIME IS CRITICAL FOR INSPIRATION. Our brains are wired for insights to hit when we're taking a walk or drinking hot chocolate in the window seat, looking out at the snow.

WHEN YOU'RE FULLY ENTRANCED IN A MOMENT, THAT'S WHEN IT FEELS TIMELESS. So I make more space for that in my life. From the cracks in the wall, I try to see those moments shining through. I'm never going to get to the end of my to-do list. I will die and that to-do list will still be really long. I have a greater sense that this is what it means to be alive, to take that time and take it now. ■