

Conversation Starters

Parents Who Lead

The Leadership Approach You Need to Parent with Purpose,

Fuel Your Career, and Create a Richer Life

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Thanks for your interest in creating useful dialogue about the ideas and tools in our book. Here are some prompts we've found helpful for initiating conversation about parenting in the context of your whole life for readers of our book. We hope you find them useful. We're interested in your ideas about what we can offer as we further develop this guide, so please get in touch. We'd love to hear from you!

With hope and love for the next generation,

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1. Do you see yourself as a leader? What connection do you see between leadership and parenting in your own life? What leaders have inspired you? What lessons can you take from those leaders about what it means to be a parent who leads?
2. We discuss the importance of taking the four-way view, that is, looking at the interconnections between the different parts of your life (work, family, community, and self). What do you notice about these interconnections? How do your thoughts, feelings, and actions in one part affect another? When you consider your partner in parenting, how do the different parts of their life affect your own?
3. In Chapter 3, We describe several self-limiting beliefs that block us from making changes that will make our lives better (perfectionism, guilt, fear of change, and all-or-nothing thinking). Which of these seems like the biggest personal challenge that you face? What steps could you take to overcome these self-limiting beliefs?
4. We encourage readers to have conversations with partners, children, colleagues, friends, and others to create greater mutual understanding and trust. Yet they recognize that many people are reluctant to do so. What reservations do you have about undertaking these conversations with the important people in your life? What would you gain from them?
5. What does it mean for you to be a parent? Why did you decide to raise kids? How do you find fulfillment as a parent? In what ways does being a parent allow you to live the life you want?
6. In Chapter 7, we introduce the concept of experiments to achieve family four-way wins. What ideas for experiments emerged as you read this chapter? What are you considering trying? What challenges and opportunities do you foresee in undertaking these experiments? What kinds of support do you need to move forward?