

Week in the Life / 1: Info for Corporette staff purposes only

Thank you so much for agreeing to be featured on our new "Week in the Life" feature for Corporette! We have a very short interview with what will hopefully be fun questions for you -- please write as much or as little as you'd like. Sections 2 and 3 are what we'll run on the blog (probably with minimal editing); Section 1 and 4 are only for internal purposes. You can see examples of Week in the Life features we've run in the past for working moms here: <http://corporettemoms.com/category/week-in-the-life-of-a-working-mom/>

We know how important anonymity is to many women, so anything you say in section 1 and 4 is for Corporette staff purposes ONLY -- for our records and to contact you for follow-up questions. We assure you that we will not use your personal information for any other purpose.

You may wonder: I'm a working mom, so should I submit a WITL for CorporetteMoms instead? Honestly, your call, but if your week or thoughts on your week include a lot of thoughts on things like sharing parental duties and managing childcare or other kid-related resources, then it may be better suited for CorporetteMoms.

We CAN show you a draft for your review before it goes live -- but please note that we may ask for a 24-hour turn around. Thank you in advance for your cooperation (and thank you so much for filling out this form!)

* Required

1. **Email address ***

2. **FOR OUR PURPOSES ONLY: What's your full name? ***

3. **FOR OUR PURPOSES ONLY: What's your title/company? ***

4. **FOR OUR PURPOSES ONLY: Where do you live? Where do you work? (General city/town or geographic area is fine unless you'd like to give us street/neighborhood info.) ***

5. **If we have follow-up questions, where may we contact you? (email or phone is great!) ***

6. Do you want to see a draft for review of your "A Week In My Life" feature before it goes live?

Mark only one oval.

- Yes
- No
- Other: _____

7. Editorial question: Can you recommend a generic stock photo we should look for to best represent your career or life? (Examples: a woman reviewing a contract, a woman in a business suit, people at a team meeting, a woman wearing a doctor's lab coat, a woman on the telephone.) If you prefer that the photo features a model of a particular race/ethnicity, please let us know.

DETAILS FOR THE BLOG (short answers, for publication)

These details may be edited for brevity or clarity, but they may also be taken directly from these entries and pasted in. Please take a look at the example here:

8. FOR THE BLOG: What would you like to be called (real name? first name only? first initial only? pseudonym)? *

9. What geographic details are you comfortable sharing with the readers? (e.g., live in Manhattan, work in Dumbo -- or "live and work in a medium-sized town in the South") *

10. What details about your job are you comfortable sharing with the readers? (e.g., "BigLaw lawyer," "accountant for a nonprofit") *

11. What's your age? *

12. **What's your general situation? Please provide as much info as you're comfortable with re: your job, hobbies, career, partner, friends, social life, dating life, religious life, and more. For example: "I'm a BigLaw lawyer live in a 500 sq. ft. studio because I either work crazy-late or go out with friends or on dates on other nights. I regularly go to SoulCycle and read a ton of mystery books in my free time." ***

13. **If you have kids -- how old are they? What's your childcare situation like? If they're on the older side, what's your top tip for working moms?**

14. **How many hours a week do you usually work?**

Mark only one oval.

- Less than 20
- 21-35 hours a week
- 35-44 hours a week
- 45-60 hours a week
- 60+ hours a week
- Other: _____

15. **How is the work-life balance in your industry in general? What are common ways of juggling responsibilities that you see your colleagues and coworkers doing?**

16. Please pick one Q to answer in the next field.

Mark only one oval.

- What does work-life balance mean to you?
- Share some of your big wins with us, whether personal or professional -- the more recent the better!
- Exercise - what kind of exercise do you do in your life? How big of a priority is it to you, and why?
- Eating plans / diet / food - Are you following an eating plan or specific diet? Do you have thoughts on it or tips on how you make it work in your lifestyle?
- Describe 1) your typical outfit for work and 2) a work outfit that you really loved.
- If you won the lottery tomorrow, how would your life change? Shopping/travel/new career?
- What's in your bag (purse or tote) right now?
- What's one thing that surprised you about your industry, career, or job?
- Life lessons: What's a major life lesson or two that you would share with other Corporette readers, whether you've learned them the hard way or used them as guiding principles?
- Please recommend 3 great ____ (books, movies, podcasts, or anything else you're passionate about) and tell us in a quick sentence why each is so awesome.

17. (The answer to the Q you picked from above)

18. If you'd like us to link to a blog or other social media channel, please provide that information below as well. (Not required.)

Last Week in My Life

Please answer the question for the REAL last week of your life, not a theoretical "perfect" week.

If your day-to-day life has been affected/improved by outsourcing (e.g., cleaning services, meal subscription services, drop-off laundry, etc), or by tasks you do on a semi-regular basis (like cooking once a month for the freezer), please try to include somehow in your submission.

19. Sunday

20. Monday

21. Tuesday

22. Wednesday

23. Thursday

24. Friday

25. Saturday

26. Optional: What have the past 3-6 months looked like for you? What's the 30-foot view in terms of work travel, weddings, concerts, and other special events or noteworthy things?

Any comments?

27. If you have any comments, such as other questions you'd like to see us ask, or any other information you'd like to offer, please let us know below!

28. Any particular ideas for content (or any other blog issues you'd like to raise)? Please let us know here:

THANK YOU!



THANK YOU SO MUCH!

You totally rock -- and we'll be in touch with any follow-up.

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