



Empowering Working Mothers Through Emotional Wellbeing





[This Photo](#) by Unknown Author is licensed under [CC BY](#)

THE PROBLEM

“I just feel like I’m constantly juggling work and family, and there’s never enough time in the day. By the time I get home, I’m exhausted, but there’s still so much to do.”

“I feel so guilty whenever I have to leave the kids to go to work. I want to be there for every little moment, but I also love my job. It’s hard not to feel like I’m failing at both.”

“It’s been so long since I’ve had time just for me. I can’t even remember the last time I got a full night’s sleep or just sat down with a good book.”

“I sometimes worry that my colleagues think I’m less committed because I have to leave early for the kids. I’m just as dedicated, but it’s tough balancing everything.”

KEY THEMES

- Challenges with School Schedules & Logistics
- Sick Days & Family Responsibilities
- Emotional & Mental Load of Parenting While Working
- Workplace Challenges & Career Impact
- Academic & Extracurricular Pressures
- Financial & Practical Constraints
- Desire to Be a Good Role Model

QUIZ

Our Company name is Zebra Blue. The Zebra Blue is an insect.

Do you think this insect is

- a) A caterpillar
- b) A dragonfly
- c) A butterfly

THE THRIVE EQUATION

THRIVING = HEAD+ HEART+ HANDS+ CONNECTION

THRIVING = HEAD+ HEART+ HANDS+ CONNECTION

- MINDSET
- EMOTIONS
- ACTIONS
- CONNECTION

THE THRIVE EQUATION


$$\text{THRIVING} = \frac{\text{HEAD+ HEART+ HANDS+ CONNECTION}}{\text{OBSTACLES}}$$

What are our
mindsets and beliefs
around being a
working mother?



Limiting beliefs hold
us back and
influence how we
feel and act



A silhouette of a person with their arms raised in a celebratory gesture, set against a bright, glowing sun. The person is positioned on the left side of the frame, with their arms reaching towards the top center. The background is a warm, golden-yellow gradient, suggesting a sunrise or sunset. The overall mood is one of triumph and achievement.

Enabling beliefs help
us achieve better
outcomes

A woman with long brown hair, wearing a black and white striped shirt, is sitting at a desk in a bright office. She has her eyes closed and her hands raised in a meditative gesture. In the background, other people are holding up papers, and a laptop is open in front of her. A white mug is on the desk to her left.


What emotions and feelings are triggered as a working mother?

LIMITING EMOTIONS

- Guilt
- Conflict between competing roles
- Overwhelm
- Anxiety
- Exhaustion
- Performance Anxiety

ENABLING EMOTIONS

- Courage
- Confidence
- Calm
- Clarity
- Choice
- Compassion

An aerial photograph of a marathon race taking place on a wide, multi-lane asphalt road. Numerous runners are visible, scattered across the lanes, wearing various colored athletic gear. The road has white dashed lane markings. A semi-transparent white rectangular box is overlaid on the left side of the image, containing text.

What are the **actions**
we could take to
help us THRIVE?

EMPOWERING ACTIONS

1. Have I shifted my beliefs about being a working mother?
2. Are my emotions limiting or enabling me?
3. What actions can I take to reinforce those beliefs and emotions?

How will
CONNECTION help
us as working
mothers?



MAKING CONNECTION PRACTICAL

1. Active Listening: Fully engage in conversations, showing empathy
2. Community Involvement: Participate in group activities or volunteer work
3. Nurture Relationships: Make time for meaningful interactions with loved ones

How do we manage
obstacles in our way



OVERCOME OBSTACLES

Shift ways of thinking, feeling, behaving
and interacting that undermine
THRIVING.

MANAGE THE OBSTACLES

Thriving is a journey,
not a destination

Mindfully embrace
the days where you
don't THRIVE





A₁

S₁

K₅

F₄

O₁

R₁

H₄

E₁

L₁

P₃

WHAT CAN WE DO IN
OUR OWN LIVES TO
THRIVE?

TOOLS TO THRIVE



- Picture yourself as a working mother in 3 years' time?
 - What does this look like?
 - How will you know you have achieved this goal?
 - What beliefs will you have to enable this goal?
 - When you achieve this goal, how will you feel about being a working mother?
 - What needs to be in place to make it happen?
 - What are you doing differently then?
 - How do you manage the 'bad days'?

QUESTIONS?

This program is pre-approved for
ONE HRCI Credit and
ONE SHRM PDC.



HR Certification Institute's® (www.HRCI.org) official seal confirms that Terryberry meets the criteria for pre-approved recertification credit(s) for any of HRCI's eight credentials, including SPHR® and PHR®.

This program has been approved for 1 (HR (General)) recertification credit hour toward aPHR™, aPHRi™, PHR®, PHRca®, SPHR®, GPHR®, PHRi™ and SPHRi™ recertification through the HR Certification Institute.

703302



Terryberry is recognized by SHRM to offer Professional Development Credits (PDCs) for SHRM-CP® or SHRM-SCP® recertification activities.

25-MD7WG