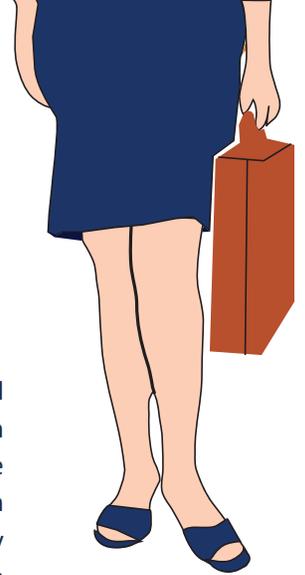


MAY 2015

Mom



Of the many roles that women fulfill today, one of the most controversial is being a working mother. When I became a mother and was faced with the decision to continue, modify or stop working, unsolicited advice came from everyone—my family, colleagues, friends and even the media. Truth be told, the harshest opinions were my own. Like many women, I was guilty of comparing myself to some imagined ideal not only of my role as the mother of my sons, but in all of my other roles as well.

In the last several generations, women’s roles have multiplied exponentially. The women of my mother’s generation were expected to be wives and mothers. Though my mother wanted desperately to be a librarian, it never happened. Her employment would have brought shame to my father’s ability to provide for the family. She passed on to me the need for a profession— one that could stop and start with moves, kids and all of the other way stations in life.



I did exactly as I was advised and became a CPA. I left public accounting when I had my twin sons, but kept current by teaching college part-time. I didn’t fully re-enter the working world until my sons started school. My chosen path is typical of someone with what the Working Mother Research Institute (the Institute) calls a career-oriented working mother mindset. Whether for career continuation or out of financial need, the Bureau of Labor Statistics reports that 78% of mothers are members of the workforce today.

Regardless of a mom’s employment status or mindset, nearly every one of them feels judged. Not only have the expectations of being a good mother been ratcheted above those of our mothers or grandmothers, there is also an unprecedented level of pressure to stay fit, healthy and attractive. Where once attempts at improving one’s looks were considered sources of vanity and evidence of a lack of character, today it is yet another area where women find themselves deficient. Consider that Michelle Obama, the First Lady of the United States, a mom and a lawyer is most lauded in the media for her “guns.”

Working moms feel judged about:

- The cleanliness of their homes
- Lack of self-care
- Amount of time spent with children

Stay-at-home moms feel judged about:

- Their contribution to the family finances
- The cleanliness of their homes
- Not using their education

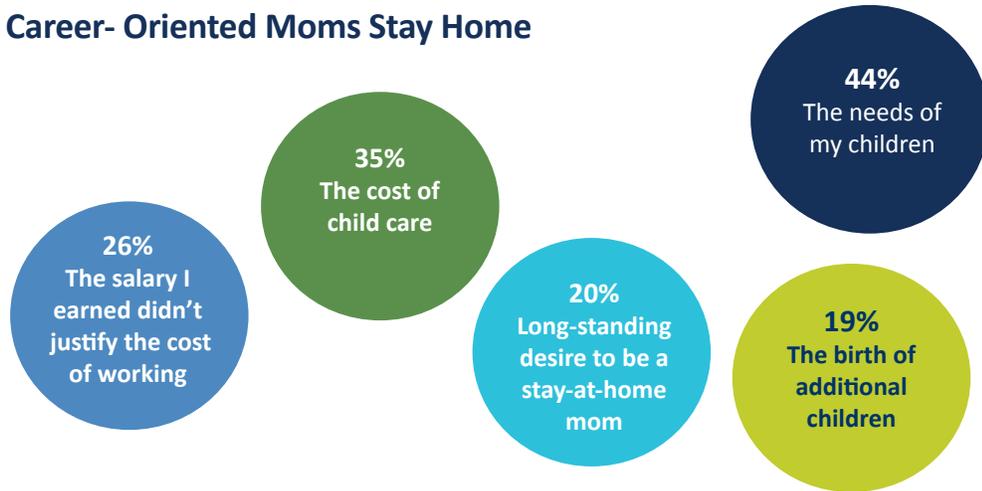
Source: What Moms Choose: The Working Mother Report, 2011



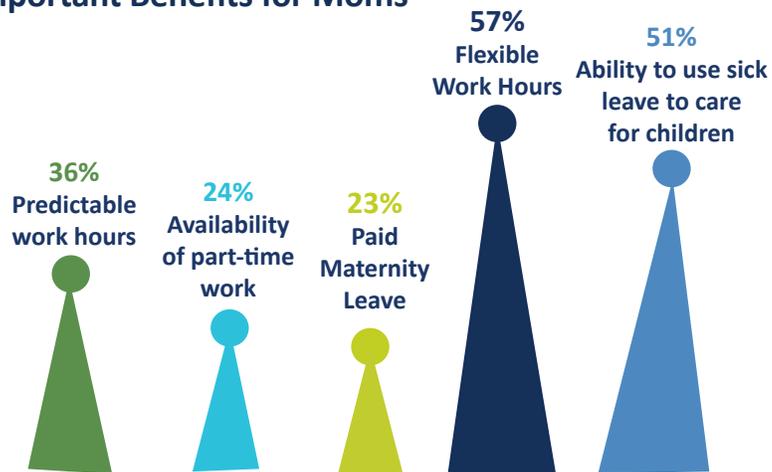
the supplement
FACILITATING VITALITY

The fact is that women tend to look outside of themselves for validation of their life choices. With the media bombarding them with airbrushed images, the grocery store packed with convenience foods, and a 24/7 workplace, it is harder than ever to measure up to all of those ideals. This month, make certain to let the moms in your life know that they measure up to your ideals in whatever role they may play in your life.

Why Career- Oriented Moms Stay Home



The Most Important Benefits for Moms



Source: What Moms Choose: The Working Mother Report, 2011

RESOURCES



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Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.