

Challenges as a working mom...

Our Operations Manager, Ivona, shares her experiences as a working mom and offers her advice to any working parents.



Balancing work and motherhood:

Like many working moms, at times, I honestly struggle to find that perfect balance between professional commitments and my role as a mother. I feel like being a working mom is like walking a tightrope. On one side, there's the desire to excel at work and climb the corporate ladder. On the other, you want to be the best mom you can be and dedicate as much attention, love and quality time to your child. It's like an intricate dance, and I believe that, at times, it's very common to feel like you're failing at one aspect or the other. What I have realised is that there is no such thing as a perfect balance. In my view, it's all about finding what works for your family and your company and making compromises when needed.

The never-ending feeling of guilt:

Regardless of how much I achieve at work or how much love and care I pour into my family, there's always that persistent inner voice suggesting that my efforts fall short. To me it feels like I'm running a constant marathon, trying to catch up with the expectations of the world around me. The guilt of missing important moments at home, especially when I am on a work trip abroad, and the pressure to excel at work can take a toll. And the sad part is that, in my experience, these expectations are often purely self-imposed.

Emotional roller coaster/Mental health:

Coping with the emotional demands of motherhood and work can be pretty overwhelming. As working moms, we often face criticism from all sides. Some individuals believe that we're neglecting our children or that we're not committed enough to our careers. I think it's a no-win situation, and it can be tough to navigate. Additionally, sleep deprivation and limited personal time massively affect overall well-being, and may lead to feelings of exhaustion and burnout.

Advice...

Set Realistic Expectations:

For someone who has very high expectations towards myself, accepting that perfection isn't attainable has been truly liberating. Setting realistic expectations and celebrating the small victories along the way, both at work and as a parent, helps me reduce stress and supports my mental well-being.

Lean on Support Networks:

Building a support network is like creating a safety net for those challenging days. Often, as working moms, we might hesitate to ask for help, thinking we should handle everything on our own. However, I strongly believe, there's strength in asking for help. Whether it's asking a family member to pick up your child from nursery or school during a work emergency or seeking advice from a colleague who's been in a similar situation, don't be afraid to lean on support networks.

Self-Care Matters:

Taking care of yourself is non-negotiable and should not be overlooked on the endless To Do lists of working moms. Do what you need to recharge your batteries, whether it's exercise, mindfulness, or simply taking time for that hot bath at the end of week. Not only it will have a positive impact on your well-being, but it can also make you a better employee, leader and mom.