



Working Mothers Have Hit A Wall

Here's How We Can Support Them

Information Gathered in Collaboration with Goly Anvary of Core Create

Working Mothers Need Support Now More Than Ever



Over the last two years, the pandemic has highlighted and brought on new challenges to women – however, this is not a new topic. There have always been a lot of responsibilities and weight on women’s shoulders, especially for those who are working and taking care of their families simultaneously.

Our intention with this resource is to shed light on working mothers, allowing them to feel seen and heard with the challenges they face and also share opportunities around how they can ease the load that they carry.



Let's Shift The Dialogue

As women shift the dialogue in their heads – ie. limiting beliefs & programs* – we have begun to witness a shift in society as well. When we start with the way women see themselves and doing inner work, society slowly starts to reflect back those notions, which allows women to take up the space they deserve in the world.

Inner work ends up changing the way women frame things and the way they focus on what gives them energy vs. what takes that energy away.

Here's How Women Can Shift Their Personal Dialogue:

1

Observe the Dialogue

If there are limiting beliefs, simply observe them first and note in your mind that they are there

2

Get Out A Pen & Paper

After observing those limiting beliefs, write them down to express them from your system

3

Bring Neutrality To Those Beliefs

Notice why you're feeling these things – did something or someone tell you to (movie, tv show, other women)? Bringing neutrality to these thoughts will help you to realize that these beliefs are not your story.

Try to avoid bringing judgement to yourself or ignoring these feelings. In doing so, you can actually “turbo charge” these beliefs and give more power to them.

**Programs: Defined by Goly Anvary as limiting beliefs that are running through your own personal system or mind that are not women's own beliefs. These beliefs create more fear in women's systems and make it difficult to express creativity and wonder, keeping women in contraction rather than expansion*



Resources For Working Mothers

If you are a woman looking for support or have a woman in your life that needs support or uplifting, these are some tools you can share with them (or use) in order to help – not fix or “hero” them!

Act As A Mirror For Women

All humans have the need to feel seen, be understood and to feel as though we're enough just as we are. Acting as mirrors for women in our lives lets them know that we see them just for that minute, and teaches people to acknowledge whatever point they are at without judgement, only neutrality.

Understand the “Core”

As a woman, what connects and reconnects you to your core? Your core is who you are at the center of your being. Figure out what activities or items reconnect and ground you in times of overwhelm – this could be a particular scent, putting your feet in the grass or taking a relaxing bath mid-week.

Practice Whole Body Listening

Think about heart, mind, spirit, gut – all of the things that connect you. Develop the practice of whole body listening and become aware of any limiting beliefs that may exist only within your mind – not your spirit.

Utilize Breathwork As A Tool

Ask yourself if you have been holding your breath. Pay attention to when you are as this often means you are in contraction. Breathwork can be as simple as box breathing or listening to guided meditations. Breath work = pausing and again, can reconnect you to your core.

Resources: Mindful Movement on YouTube, Insight Timer App, Headspace App & the Heartmath Tool.

Put Yourself on Your To-Do List

Prioritize self-care in your daily “to-do” list – if you leave this until the end of the day, chances are it will never get done. Try scheduling in 15 minutes at the beginning of your day or midday to take a moment for yourself and again, really connect back to your core.

Journal it Out

As a mother, sometimes you need a moment to get it all out on paper. Your journaling can take the form of bullet notes, drawing, or a stream of consciousness exercise. Writing can help us to access our subconscious and get limiting beliefs or overwhelm out of the system to reconnect. This is an attainable form of self care – there's no need to spend money you just need paper and pen.

Closing Notes

When mothers put themselves first – even for a moment – they’re ensuring they’re fuelled and providing themselves with a moment of joy and empowerment and become an example for those that surround them. When women are authentic and honest with where they are at any point in time and express a range of emotions (something that is absolutely normal), connecting with their kids and/or partner becomes easier and is a learning opportunity for children to learn where they are in relation to their care as well.

Motherhood is not a straight or easy line & challenges are always going to be on the horizon. Know that every mother’s path is different and one hundred percent valid despite the heavy expectations that are set on them as a group by society.

You ARE valid. You ARE enough.

The Eleven Eleven Difference

DIVERSITY, INCLUSION AND EQUITY

DI&E is an initiative close to our hearts and one we have entrenched our own hiring processes in. Our commitment here is that you can be rest assured we adhere and uphold equal opportunity employment standards to drive and impact your business.

MARKET INTELLIGENCE

We know the market. We pride ourselves on our research and tracking of data and metrics to maintain a strong understanding of the current market place and what it will take to land talent.

EMOTIONAL INTELLIGENCE

We are the only agency who's trained behavioural interviewing style screens for emotion fit, resilience, emotional intelligence and preserving your culture. This is our edge.

GLOBAL TEAM

We have a robust team of senior level and executive recruiters placed across North America, Europe and Australia expanding our deep global networks of top caliber talent. RESULTS Our high quality, expertly vetted candidates consistently produce bottom line results for our clients. Having spent the majority of our careers as internal recruiters, we understand the top priorities of the business and have built our firm on the pain points we experienced working with external agencies. Think of us as your internal, externals.

RESULTS

Our high quality, expertly vetted candidates consistently produce bottom line results for our clients. Having spent the majority of our careers as internal recruiters, we understand the top priorities of the business and have built our firm on the pain points we experienced working with external agencies. Think of us as your internal, externals

Interested in hearing how the Eleven Eleven Difference can catalyze your career or organization?

**Get in touch at
hello@elevenelevant.com.**

