



# P E R S P E C T I V E S

## KEY LEARNINGS

### WORKING MOTHERS MANAGING WORK-LIFE BALANCE

#### KEY LEARNINGS:

According to the podcast guest, what are ways employers can support mothers having a better work-life balance?

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_
- 4.) \_\_\_\_\_
- 5.) \_\_\_\_\_

According to the podcast guest, what are a few tips for mothers to better manage their work-life balance?

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_

Examine: How can you be a better ally or mentor to working mothers in the workplace?

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What I learned?

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What I'll do?

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What I'll share?

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Possible Answers: Remove biases that hinder promotion for working mothers; Offering mentoring opportunities; Inclusive culture; Offer resources; Be data informed; Examine and develop attractive programs and opportunities; Become an ally; Level set and let working mothers know they are seen and heard; Provide flexible schedule

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