

Perfection is an illusion no mother should chase

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Perfection is an illusion no working mother should chase. There's no such thing as the perfect professional, mom, or homemaker. Instead, one should aim to be an empathetic and inclusive professional, a loving mom, and an understanding partner. Celebrating our small achievements, such as dedicating eight productive work hours, writing a quality code, or picking up your child from school, can significantly boost your morale and sense of accomplishment. Working mothers can manage stress and maintain balance by compartmentalising responsibilities: dedicated work time, personal development, and quality family time. It's not about the hours but how you spend that time. An engaging dinner conversation and listening to your child can be a powerful bonding experience as you give them your undivided attention. We need to overcome stereotypes that women can't travel for work or spend long hours at the office when the situation arises. I have surprised many colleagues by being the only woman in the boardroom. By defying these stereotypes in the workplace and practicing self-compassion, I've not only opened doors for myself but also set an empowering example for my daughter.

