

# "Business leader advice", theme - is work & life balance, how to be a successful and happy woman at the same time.

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Running from one meeting to another, putting ideas down on paper, managing a full inbox and then also having enough energy left for your private life: it is sometimes not easy to have a good work-life balance. Fortunately, it is possible. Successful businesswomen Katia Stern and Carlye Morgan talk about it.

## Katia Stern

Katia Stern is an empowerment executive coach, international bestselling author and attorney. "For working moms, it's so easy to get caught up in a never-ending cycle of taking care of others, but not yourself. We are constantly being pulled in other directions and our to-do lists are only getting longer. It is important to remember that you have to practice self-care every day to be the best mother, wife and businesswoman."



"Women work hard every day to take care of their families and careers. They deserve to take some time for themselves without feeling guilty about it. Whether it's getting a manicure or thinking about a new investment, it should bring you joy, because you're worth it. Only when a woman is well rested and fulfilled can she be a wonderful mother and wife and take care of other loved ones."

"Children look to their mothers and learn from the examples they see. If a mother is constantly tired, they will not take care of themselves either. It is important that you show them that you live in harmony, that you stay connected to your feelings. That's best for them. Our children have no idea how much time a woman has to spend with them to be seen as a 'good mother'. It doesn't matter to them whether you spend four, three or two hours with them. Children need a happy mother."

"If a woman feels constantly tired, she will be less productive at work or at home. It has been proven time and again that happy people are the most successful people!"

## Carlye Morgan

Growing up, I was told that women could have it all—that I could have a career and a family and life could be wonderful. But in reality, I found that balancing a career and a family is incredibly challenging. Around the time my daughter was 4 years old, the long hours, stress and politics at my corporate job began to take a toll on me emotionally and physically. Since there were many factors in my work environment that were completely out of my control, after much introspection, I decided to take control of my own destiny and walk away, which was definitely one of the hardest decisions of my life. But once the weight of my stressful job was lifted, I was able to get back to 'myself' and reinvent my career on my own terms as an entrepreneur. Granted, it was a very risky thing to do, but sometimes, you have to take a great risk to get a great reward.

After launching Chalonne, my line of luxury Apple Watch bands for women, I soon discovered that being an entrepreneur can be even more demanding than a corporate job. But I love the independence of being able to make my own schedule. If I need to be at my daughter's school for an afternoon swim meet, I can take off early and choose to work later that evening. It's very important to try to achieve balance in your life and give yourself the opportunity 'turn-off' work. It's amazing how a few simple changes can make you feel more content, less stressed and more balanced. I take 5 minutes every morning to write in my 'gratitude journal' and take a daily, mid-day walk outside (trying to get those 10k steps!). I made those changes to my daily routine after taking Yale's "Science of Well Being" online class with Dr. Laurie Santos during the pandemic. Much of the content I intuitively 'knew' but it having it packaged up in a concise way, supported by research was a great way to be reminded of what truly matters in life and how you can actively do things to improve well-being and achieve balance in your life. It takes time and dedication to form new habits, so I recommend starting small and don't be too ambitious right away. Pick something that you can commit to doing every day for 3 weeks, like taking a walk outside, or closing your eyes and meditating, or thinking about one reason to be grateful every day.