

## Women's Sensational Balancing Act: Juggling Work, Family, Self-Care and Leadership: How to do it all and not go crazy!

Katarina Connery  
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On July 29, 2021, WFWP members across the country gathered online to hear inspiration about how to balance all of the different things they are taking care of in their lives. They were looking for ways to stay cool and serene in the process. WFWP Vice President, Katarina Connery, led a joyful evening of learning and conversation. Participants got a peek into the personal life of a mother of two very young children and leader of a peace organization, with homemaking duties and graduate studies on top! Katarina gave terrific advice about how to set boundaries and take time to care for yourself, so that you can refresh and be ready to care for everything (and everyone) else.

"I have to respect my own boundaries first, before I can expect other people to respect them." -Katarina Connery

Amazingly, Katarina professed that at times, she even takes care to 'turn off' her worries about kids, the home, or work deadlines, and does things that relax and rejuvenate her (like walking, music, or a good book). Then she finds she has the energy to be fully present for each person or each task.

"When you are being everything to everyone all the time, you might forget to be something to yourself. And then you're emotionally exhausted or unable to give." -Katarina Connery

Participants had a great time creating their own "my plate" artwork to visualize all of the things in life they are responsible for or interested in. They were able to collaborate, and draw comparisons between their own lives and one another's. The sisterhood and empowerment shared that night were comforting affirmations to each soul present.



### Comments from participants:

"Thanks for being so real!"

"I loved the exercise and breakout session! It was super fun!!"

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