

## WFWP UK - Work-Life Balance: A Myth to the Modern Woman? Zoom Series Two

Cassandra Humble  
September 19, 2020



**Women's Federation for World Peace**



**Work-life balance  
a myth to the modern woman?**  
A ZOOM SERIES IN 3 PARTS

**2. Balancing motherhood & womanhood  
Sept 19 2020 3:00-5:00 PM BST**

GET TICKETS AT [WWW.EVENTBRITE.COM](http://WWW.EVENTBRITE.COM) & WATCH LIVE ON FACEBOOK

Women's Federation for World Peace UK hosted its second segment of the Work-Life Balance: A Myth to the Modern Woman? Zoom series on 19th September 2020. This segment featured five inspiring women who spoke on the theme of balancing womanhood and motherhood. Our speakers – Dr. Gemma Munro, Marea Torensen, Gaëlle Beruel, Lynnda Houston and Roskje Hasseldine – brought a clarity and awareness to the debate surrounding female identity, the concept of balance in life and the importance of self-care and personal growth.

The format of these conferences offers each speaker to opportunity to share their thoughts on what these themes mean to them, as well as their experiences of motherhood, womanhood, and wifehood.

Our first speaker, Gemma, spoke about her experience as an award-winning speaker for Google, PayPal, Qantas, Vodafone and the NHS, and how these experiences allowed her to understand the demands of her busy professional schedule and her blended family.

Our second speaker, Marea, spoke about her struggles as a new mother in an unfamiliar country and the journey motherhood took her on as she developed personal wellness and learned to accept support from those around her.

Our third speaker, Gaëlle, is a Motivational Speaker, a Mindset Mentor and a Wellbeing Expert as well as a UK Ambassador for Psychologies magazine. She shared her experience of trying, and failing, to be the perfect mother and spoke about her journey to find the truth of her inner strengths.

Our fourth speaker, Lynnda, is the Founder of Inner Wellness Woman and was recently appointed the Vice President of WFWP Sweden. She spoke about her experience as a new and young mother and passionately advocated for greater recognition of the role mothers play in society, as well as the concept of a pre- and post- personal identity.

Finally, Roskje spoke about her role as an internationally recognized mother-daughter relationship therapist, broadening the discussion to include a lineal understanding of how generational communication from mother to daughter impacts female self-identity and the growth of families across time.

This second series was moderated by WFWP UK President, Mitty Tohma, and the QandA was directed by Cassandra Humble. The QandA raised key themes including whether there is a balance to be struck between motherhood and womanhood, what role wifehood plays in determining female identity and acknowledging how women's identities grow when they become mothers. The question: is balance overrated? was asked early on in the conference, the premise being that, throughout our lives, we don't look back and remember a moment being 'balanced'; rather we remember something as joyful or sad. The audience was asked to recognise that we feel different things in different moments. This concept of rethinking the notion of 'balance' in motherhood and womanhood was agreed upon by our speakers, who argued that the concept was misleading because life is messy and unpredictable. Instead of seeking balance, we should seek to be our own holistic person in all aspects of our lives.

Another theme explored by our speakers was understanding how women's identities grow as they become mothers and wives. It was discussed that women often struggle to know what they need, feel and desire, and that this behaviour is often learned from their mothers. Furthermore, women often sacrifice their individual identity for the mantle of motherhood and feel a sense of guilt if they see to their own needs above those of the family first. Our speakers provided a broad range of responses and offered considerable insight into this challenging and personal topic.

This second segment of the Work-Life Balance: A Myth to the Modern Woman? Zoom series was well received. It was recorded live on Zoom and Facebook live streamed where it reached 1,600 people and had 600 views within a day. The third and final installment, titled, Becoming the Architects of a Balanced Society, takes place on 3 October 2020 with four distinguished speakers and will be moderated by Louice Widfeldt Lomås.

Reported by Cassandra Humble