

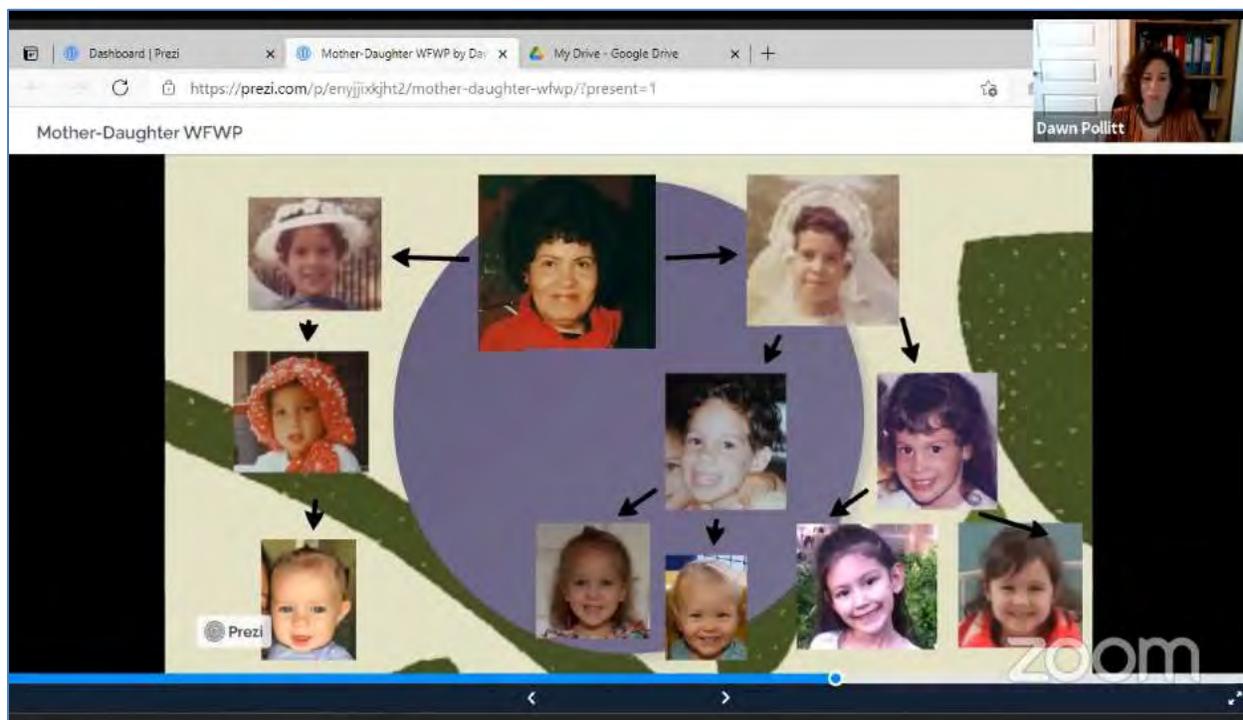
WFWP UK - International Women's Day: The Mother and Daughter Relationship

Mitty Tohma
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In observance of the International Day of Women, WFWP UK co-hosted with Mrs. Rosjke Hasseldine, founder of Mother-Daughter Coaching International LLC, an online seminar. The event was attended by 60 guests and followed by over 1500 on facebook.

Rosjke chaired the session; she introduced the programme, speaking briefly about her work addressing the dynamics in the mother-daughter relationship and facilitating the process of healing and reconciling.



She introduced our first speaker, Mrs. Mitty Tohma, President of WFWP UK. Mitty gave a brief overview of the work of WFWP. Her presentation emphasised the daughter-mother relationship, reminding us that we are all the daughter of a mother. Loneliness, self-loathing, and despair are experienced by many women. We bury our natural God-given treasures: empathy, intuition, embracing, nurturing, including, forgiving, understanding, communicating, connecting to name only a few are some of the precious attributes of women's abilities. She asked, "would we have the world we have today if our grandmothers and mothers had been able to realize their dreams?" We need to realize the value of the 3 generational relationships of daughter, mother, and grandmother. With support and hopefully a role model we can all live our dream!

Yingli Wang, a psychotherapist was the next speaker. She is a Self-Worth Counselor helping women to

restore the "not good enough" syndrome. Having grown up in China, Yingli spoke about the constraints of family relationships in China; children are expected to show total "filial piety" to the extent they are an extension of their parents. High expectations can become the cause of feelings of guilt, shame, and anger issues in younger women. Some try to escape this relationship. She advocated acknowledging unpleasant feelings and addressing them.



Bibi Jamieson is a psychotherapist from West Africa living in the UK. She is a Couples Therapist, with a keen interest in multicultural families, being part of one herself. Bibi grew up in a community of strong women and mother figures, all of whom helped to raise her. She worries about the society in which her own daughter will grow up, the expectation for young women to fit into certain roles, including the impact of social media. Girls need the affirmation, that they matter, are valued, to have their own voice. They should be able to experience mutually supportive partnerships.

Dawn Pollitt grew up in America, she has a BsC in Physics, and is a young mother of 3 little children. Dawn spoke about the mother's unique role in the family, which is based on sacrifice and unconditional love, total giving. The family is the school where we learn about love. Our mother is a mediator of peace and harmony. The love we are experiencing in the family is training and fundamental to grow into responsible citizens and participants in our community and nation. She understands the family dynamic as the school of love. Dawn is inspired to learn about the impact of relationships and nurturing for the development and well-being of young children. It is vital then, to create a healthy, loving, and harmonious environment, beginning with the family setting.

Brittney Scott is a licensed professional Counsellor and a mother-daughter relationship coach in America. Brittney spoke on the topic "Black Girls: it is time to Grow Up". For black girls there is an expectation that they should grow up quickly. There is the phenomenon: "Girlhood Interrupted" for black girls, often their childhood finishes at the age of 10. This is in partly due to how they are seen by society – such as being less in need of nurturing, more independent at a younger age. It is perpetuated by mothers, anxious about what may happen to their daughters; for protection mothers want the daughter to grow up quickly. During the time of slavery mothers had little time to nurture daughters Brittney talked about her experience, her mother was the rebel of the family and was a 1st gen college student. She was able to talk to her mother. Brittney wants to show that daughters should be allowed to have a childhood.

The webinar concluded with a brief question and answer session. It was felt, difficult issues between mothers and daughters can be addressed, there was a positive and a hopeful atmosphere. Mitty and Rosjke expressed their appreciation to the speakers and thanked all the guests, friends and members that had joined, including staff providing technical support.