

WFWP USA: HerStory Podcast Episode 9: From Struggle to Strength

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"Most battles are not in the world. It's in our head as soon as we wake up. And once you realize that...game over, right? It's just me...let me figure out how I'm going to push through despite everything."

In this powerful episode of the HerStory Podcast, Rashidah Cartwright, creator and host of Webby-nominated podcast, Autism for Badass Moms, takes us through her inspiring journey as a mother, advocate, and leader within the autism community. Rashidah emphasizes the critical importance of compassion, empathy, and active listening - not just in parenting but in society at large. She highlights how many conflicts stem from misunderstandings and judgments and shares her passion for teaching these skills early on, starting with children, to foster a more supportive and understanding environment for those navigating

autism and mental health challenges.

Rashidah candidly discusses the value of making mistakes and learning from them, reassuring listeners that perfection is not the goal in leadership or parenting. She stresses the importance of self-care and self-preservation, reminding us that leaders must acknowledge their own needs to sustain their strength and effectiveness. Through her podcast and community-building efforts, Rashidah is creating a vibrant, supportive network of mothers and parents worldwide. She is driven by a vision of empowering moms to pursue their passions, find flexible work opportunities, and break down barriers that traditional work environments pose.

Looking ahead, Rashidah shares her hopes for increased awareness and ongoing education about autism beyond just a single month of recognition. Her goal is to connect with moms from every state and country to build a truly global support system. She encourages all parents to understand the diverse ways autism can present and to approach those affected with open minds and hearts. This episode is a heartfelt testament to resilience, purpose-driven leadership, and the power of community - inspiring listeners to embrace their own journeys with courage and compassion.

Learn more about the Autism for Badass Moms podcast: www.autismforbadassmoms.com/

