

To Work or Not to Work – A Mom’s Dilemma

This seems to be the hot topic with my clients these days. It can be a tough question to answer and easy to get trapped in misconceived motives or external drives.

If you are facing the dilemma of whether to work or not to work, ask yourself the following questions:

- What is my motive for wanting to work?
- Will work bring me what I want or need?

One mom recently found that her desire to work was really a desire for escape. What she truly wanted was deep connection and familiarity to her previous life after moving overseas. Once she was able to recognize this, she was able to find those things within her self, her community, and her family. She is happy not to have pursued a path that may not have satisfied her true desires.

Another mom found that she wanted to get back into her chosen field after two years of full-time motherhood as it was something she was passionate about, she desired financial stability, and she wanted to feel confident in herself and her value to society. She found that the job she had recently been working was not honoring her, therefore pursuing another job was the right avenue at this time. Once this was clear to her, other opportunities presented themselves immediately. As she overcomes old attachments and beliefs that have kept her in destructive patterns over the years she is now being propelled on her way to a satisfying career.

Yet another entrepreneurial mom began a venture for various reasons, one of which was to contribute financially to her family. After child care costs and the cost of doing business she found she was making \$10/hour. With the emotional stress and scheduling hassles it created it simply wasn't worth the effort at this time in her family's development. Prior to coaching, her motives were not clear and she was wrapped up in continuing her pursuits for other reasons. She now sees her role of mom as her work and is engaged fully in being a "great mom".

So what ever your decision, the key is to pay close attention to your motives and be clear on whether those motives honor you and your family. Be sure that your decision to work or not to work answers your true needs or desires.

For personal consultation on this question, please feel free to call me at (303) 642-3105.

ABOUT GRETCHEN

Gretchen Reid is a life and career coach offering coaching to moms through her practice, Motherhood Transitions. She holds a BA in Psychology, an MS in Career and Human Resource Development, and has been trained in the Mind Body Method and Direct Access coaching techniques. Above all, she is a mom of two fabulous boys.

Gretchen offers one-on-one and group coaching as well as workshops in the areas of life and career transition, personal development, leadership and management techniques. For more information, visit her websites at www.motherhoodtransitions.com and www.integratedgrowth.com or call her at (303) 642-3105.