



Alpha Kappa Alpha Sorority, Incorporated®



Leadership Seminar

Pathways to SOAR:

Expanding Your Leadership Potential

Workshop 516: Motherhood: Now what? Managing and Balancing motherhood, work and AKA

Presenters: Soror Sandra Foster, Soror Shawn E. Simmons and Soror Althea Lawton Thompson

Moderator: Soror Joy Dorsey-Whiting

Chicago



Welcome and Introductions

“Being a mother is learning about strengths you didn't know you had, and dealing with fear you didn't know existed.”

Linda Wooten

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*Workshop 516: Motherhood: Now what?
Managing and Balancing motherhood, work and AKA*



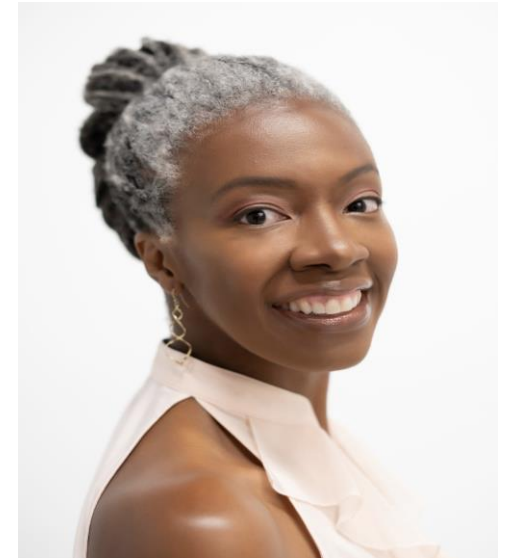
Soror Joy Dorsey-Whiting
Moderator



Soror Sandra Foster
Panelist



Soror Shawn E. Simmons
Panelist



Soror Althea Lawton Thompson
Panelist

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Today's Workshop Objectives

- ❖ To share tools and tips on how to manage the balancing challenge of motherhood, career, life and AKA
- ❖ To develop a greater understanding of how our social and emotional well-being affects our physical health
- ❖ To provide opportunities for the sharing of experiences that connect us as women and mothers
- ❖ To have fun, laugh, reflect and leave feeling better than when we entered

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Icebreaker : "Sorors-Stand Up and Be Counted!"



*My thoughts, My feelings, My dreams, My fears...
All Matter because I Matter*

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Motherhood: “The Myth of Having It All”
Shonda Rhimes

<https://youtu.be/1TdWVqMFZqw>

Real Talk Among Sorors
(Question & Answer Period)

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Thank You