

The Journey of a Working Mom: Balancing Love, Life, and Career

The Ultimate Quest - You Deserve to Know You Series | Newsletter #2



YouTube



The Journey of a Working Mom: Balancing Love, Life, and Career

Being a working mom is a journey of love, resilience, and balance. 💖 Join Rachna Khanna and Cara as they uncover the real challenges—and triumphs of motherhood and career. Season-2...

Being a working mom is a testament to the capacity for love and resilience, demonstrating the strength to mould a brighter future for the family. Working mothers are ultimate role models, showing that passion and patience are not just virtues but ways of life. Their daily act of courage involves balancing career and family with dedication and grace.

**Project
Phoenix**

The Economic Impact of Working Mothers

Working mothers significantly contribute to economic growth, enhancing household income and promoting a diverse, inclusive work culture. Their participation in the workforce drives innovation and productivity while challenging traditional workplace norms.

In countries like Australia, **67% of mothers with children under 15** are part of the workforce, showcasing their critical role in boosting the economy and reshaping professional environments.



Beyond statistics, working mothers bring unique perspectives and problem-solving approaches to organizations, often developing enhanced efficiency and multitasking abilities through their dual roles.



An Inspiring Journey: Meet Cara

New Mom

Recently welcomed her first child and navigating the early stages of parenthood with all its joys and challenges

Dedicated Professional

Committed to her career and finding fulfillment through her professional contributions and achievements

Balance Seeker

Actively developing strategies to honor both her family commitments and career aspirations without sacrificing either

In a recent podcast episode, Rachna Khanna sits down with Cara to explore her journey as a working mother. Cara's story offers relatable experiences and insightful strategies on balancing motherhood with a career, providing inspiration for others on similar paths.

The Transformation of Motherhood



"The first few months were nothing like I expected. I felt completely unprepared for the exhaustion, the doubt, and the overwhelming love all hitting at once."

— Cara, Working Professional | Wife | Mother | Daughter

Cara describes her life transformation after becoming a mom, acknowledging the unpredictability and challenges of this phase. The initial experience was filled with doubts and exhaustion, especially as she transitioned into her new role.

Her passion for work continued to be a source of fulfilment, illustrating the **complex need for balance** between personal identity and motherhood.

Building Your Support Network

Professional Support

Cara sought help from a psychologist to process her feelings of identity shift and develop coping strategies for new challenges.

Peer Connection

Joining mothers' groups and online communities provided validation, practical advice, and emotional solidarity during difficult moments.

Workplace Allies

Mentors and colleagues who understood her situation became invaluable resources for navigating professional responsibilities.

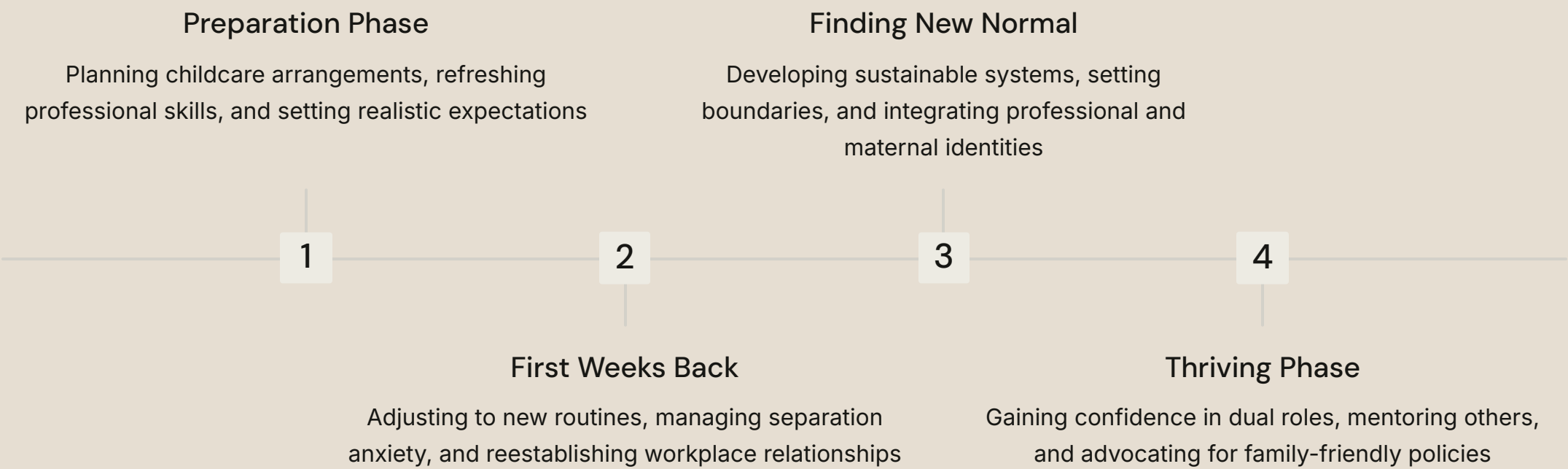
Cara emphasizes how these support systems proved invaluable in maintaining her mental health and eventually transitioning back into the workforce with confidence. Without this network, the isolation of new motherhood could have overwhelmed her career aspirations.

"Finding your people isn't a luxury—it's essential," Cara explains. "They become your sounding board, your reality check, and sometimes just the understanding voice you need to hear."



The Return to Work Journey

Cara's return to work after twelve months was met with a mixture of nervousness and excitement. The transition represented both a challenge and an opportunity to reclaim part of her pre-motherhood identity.



Supportive workplace policies—flexible hours, remote work options, and understanding leadership—made Cara's readjustment significantly smoother, highlighting how organizational culture directly impacts working mothers' success.

Evolving Family Dynamics

Cara details how her family structure evolved after her daughter's birth. Despite initial challenges in dividing responsibilities, she and her husband developed a cooperative system based on:

- Regular communication about needs and expectations
- Flexible role-sharing based on work schedules
- Mutual appreciation for each other's contributions
- Scheduled family time protected from work intrusions

Their teamwork approach allowed both parents to maintain careers while ensuring their daughter received consistent care and attention.



"We cherish our Saturday morning swimming lessons with our daughter. Those moments remind us why we work so hard the rest of the week."

This balanced partnership demonstrates how shared parenting responsibilities create space for both parents to pursue professional fulfillment while nurturing a loving family environment.



The S.E.L.F. Method™: Your Path to Wholeness



S: See and embrace all parts of you (parts work, mirror journeying, self-awareness) Develop the courage to see and embrace all parts of yourself including those you've judged, rejected, or hidden. This step involves cultivating internal awareness and radical acceptance of your full human experience



E: Express your needs, emotions, and truths (needs mapping, boundaries, authentic language) Revitalise your emotional body and nervous system through practices that restore regulation, resilience, and responsiveness. This creates the physiological foundation necessary for sustainable transformation.



Learn

Love through integration and forgiveness (emotional healing, quantum forgiveness, shame alchemy) Release inherited beliefs, protective patterns, and outdated identities that no longer serve your growth. This liberation creates space for new possibilities and authentic expression



Feel

Feel and Flourish through aligned action and self leadership (CAM alignment, daily embodiment, future visioning) Move forward in alignment with your true Self, making choices that honour your values and express your authentic nature. This creates momentum toward a life of meaning, purpose, and fulfilment

Rachna Khanna's S.E.L.F. Method™ provides a framework for working mothers to navigate their complex identities. This approach helps women honor all aspects of themselves—professional, maternal, and personal—without compartmentalizing or sacrificing any essential part.

When applied consistently, this method helps working mothers move from surviving to thriving, creating lives of purposeful integration rather than constant compromise.

Advice for New Working Moms

Trust your resilience

You have more strength and adaptability than you realize. The challenges feel overwhelming now but will become manageable.

Connect deliberately

Don't wait until you're struggling to build your support network. Reach out proactively to other parents, professionals, and support services.

Redefine success

Set realistic expectations for yourself in both domains. Perfect balance doesn't exist, but sustainable integration does.

Prioritize self-care

Your wellbeing is the foundation everything else depends on. Small, consistent acts of self-nourishment prevent burnout.



"Remember that you're modeling resilience and purpose for your children. They're learning from watching you navigate both worlds."

Your Invitation to Begin

If the insights shared in this presentation have resonated with you, consider this your formal invitation to begin or deepen your journey of self-discovery and authentic living with Rachna Khanna:

The Daily Life Hero Podcast

Listen to conversations with experts exploring alignment, self-leadership, and authentic transformation

Monthly Newsletter

Receive insights, reflection prompts, and practical tools delivered directly to your inbox

Workshops & Programs

Experience The Ultimate Quest and learn to apply the S.E.L.F. Method™ in your own life

Personal Discovery Call

Schedule a one-on-one consultation for personalized guidance on your unique situation



"You Deserve to Know You"

This simple statement encapsulates the core invitation of Rachna's work. The journey toward self-knowledge isn't about becoming someone new—it's about remembering who you've always been beneath the noise and conditioning.

Rachna Khanna

Quantum Mindset Coach

Meta Dynamic Keynote Speaker

Emotional Integration Practitioner

Podcast Host: The Daily Life Hero