President's Corner

Leadership Skills from Mom

Celebrating Mother's Day is bittersweet for me. As a mom, I cherish every moment I get with my son. However, since my own mom's passing in 2015, Mother's Day always makes me sad as well. Although my mom wasn't necessarily a career woman, I learned so many leadership skills from her. And as a mom myself, I hope I've demonstrated leadership skills for my son. There are a lot of leadership skills you learn from being a mom, but even if you're not a mom, you can learn a lot from your own mom or others who fill that motherly role.

Here are the top 10 leadership skills I've learned from being a mom:

1. Don't be afraid to ask for help. Don't be afraid to admit when you need it. Asking for help is a great way to lead by example.
2. Stay calm, even when things get tough, and be confident in your decisions. When feeling overwhelmed, take a few deep breaths, calm yourself, and take time to think and make intentional decisions.
3. Set and maintain healthy boundaries. It's crucial for leaders to create a balance between spending time with others and taking time for yourself. Maintain your physical, mental, and emotional health, and don't let others take advantage of you or your time.
4. Be kind and compassionate. My mom often said, "You can get more bees with honey than with vinegar." Sympathy and empathy are important skills in leadership and relationships with others.
5. Be a good listener. Give your undivided attention, look people in the eye, and spend less time trying to think of what to say next. This allows the other person to feel heard and understood.
6. Learn from your mistakes and those of others. You are going to make mistakes (everyone does!), but don't beat yourself up about them. Turn it into a positive by learning from mistakes rather than dwelling on them.
7. Learn how to delegate. It's ok to let some things go to tackle bigger tasks and responsibilities. Delegating reduces stress and frees up your mental energy.
8. Create a support system. We all need support systems to lean on when we need help. Surround yourself with like-minded leaders.
9. Problem-solving is your superpower. I prefer to think of it as solution-finding rather than problem solving. Looking for solutions can help you get through tough situations and make solid decisions.
10. Step out of your comfort zone. Getting out of your comfort zone helps you gain confidence in your leadership abilities and grow into a better leader.

Happy Mother’s Day to my fellow moms! For those of you who are not a mom, be sure to thank your own mom, or someone in your life who serves that role, for modeling leadership skills and behaviors.

Pictured below on the left is my son, Jacob, and me at his wedding in 2022, and the picture on the right is my late mom, Mary McCarthy.

Submitted by Coleen McCarthy
EWTG President, 2025-2026