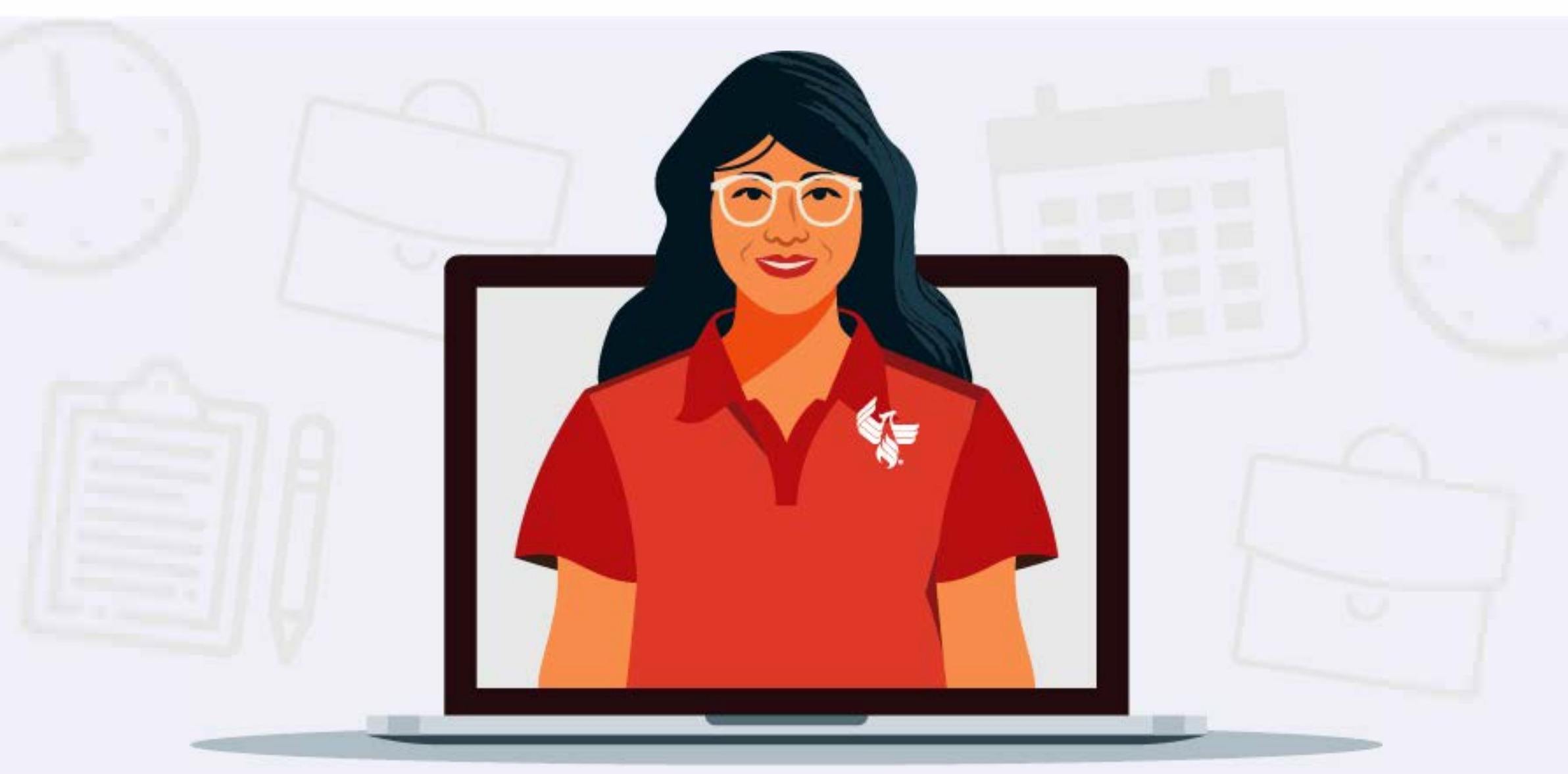


# Succeeding as a C-suite mom

*Career challenges working moms face, and the support and resources they need to succeed in today's workforce.*



Only  
**28%**  
of C-suite executives are women.



Compared to the general population, **42%** more moms consider their job to be just a job, not their career.

## What do moms need to succeed?

*Compared to dads and the general population, more moms struggle with receiving the support they need to enhance their careers.*

**52%** more moms want to develop their skillset but don't know where to begin.

**60%** more moms want support in connecting with others in their field.

**60%** more moms want support with finding a mentor.

**58%** more moms want support with seeking out training programs.



## Moms need additional support

*Compared to dads and the general population, more moms need extra mental health support as they navigate their careers.*



more moms associate stress with their career.



more moms have looked for mental health resources to help manage work-related stress.

## What real working moms have to say

*Real working moms offer advice on balancing a career while raising a family and talk about how they care for their mental health.*

*“Maintaining a good career trajectory helps you keep a sense of identity as a mom which then makes you a more interesting parent. However, you have to recognize that nobody's perfect. Focus on what went well and forgive yourself for things that didn't go as you would have liked.”*

— Ruth Veloria, UOPX Chief Strategy & Customer Officer



*“In order to balance your career life and your personal life, it's important to enlist help. Recognize that you won't be able to do it all. You must care for yourself to be the best person you can be in all the roles in your life.”*

— Blair Westblom, UOPX VP of Financial Planning & Analysis

*“You can't do everything exactly like you did it before you had a family. Don't be too hard on yourself when something has to shift. Set clear expectations of the people around you, whether it's in your house or at work.”*

— Julie Fink, UOPX VP of Human Resources

