



grown woman wednesday

Power Playback Guide



My Power Mom Story

featuring Rocki Howard

mini lessons. maximum impact.



what's grown woman life?

The mission of the **Grown Woman Life** platform is to support the journey of mature professional women, the bold, brilliant, and badass among us in living a proud, purposeful, and unapologetically life.

I have created Grown Woman Wednesday to provoke conversation, provide entertainment and inspire. Join us on LinkedIn live every Wednesday at 1:00 PM EST.



You will:

- Meet inspiring women who personify the principles of Grown Woman Life
- Hear stories of success and encouragement
- Learn best practices of Grown Woman Power Players
- Recieve a Power Playback guide providing you with tangible, actionable takeaways

Let's Connect!





THIS WEEK'S

*grown
woman
power
player*



Rocki Howard

"All moms work. Let's stop minimizing the work of stay-at-home moms by calling moms who work outside of the home, working moms. Those of us who work outside the homes are dual working moms."



Rocki Howard is Chief Equity and Impact Officer at [The Mom Project](#) and host of the [Voices of Diversity](#) and the [Grown Woman Life](#) podcast. Rocki is a tenured talent acquisition strategist with Lean, Project Management, and HR certifications.



Rocki is a [SIA Diversity Influencer](#), member of the Forbes HR Council has been featured in talent outlets such as [HR Executive](#) and [ERE](#). She has been featured on ABC news, multiple podcasts including the Redefining HR Podcast, the Recruiting Daily Podcast, and The Pozcast with Adam Posner, and has been a featured speaker, trainer and influencer on the topic of DEIB including events such as ADP Meeting of the Minds, SourceCon, HR Tech, TA Week, and the CandE's Virtual Conference.



Support Rocki by:

01



Follow Rocki on social

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Follow the [Grown Woman Life LinkedIn page](#).

03

Download your free copy of the [Living Grown Woman Life Workbook](#).



THIS WEEK'S

*power
play*

YOUR POWER PLAY

Create your personalized Power Play by synergizing insights from the podcast, our Grown Woman Life principle and quote of the week. Use our session prompts and develop your unique strategy.

LEARN



LISTEN

Listen to our Grown Woman Wednesday LinkedIn Live Session

LEARN

Consider the quote, the power player's insight and the Grown Woman Life Principle

LISTEN



LEVERAGE

LEVERAGE

Create your personalized Power Play by answering the Power Playback questions.

This week's quote

**"The phrase, 'working mother,' is redundant."
Jane Sellman**

**Grown Woman Life
Principle**

**Right: Your purpose is defined by passion
Responsibilities: To live a life where your time and actions are directly related to the things for which you are most passionate.**

inspiring your bold, brilliant, badass self

Power Player

INSIGHTS

Navigating Work and Life as a Dual-Working Mom



COLLECTIVE EFFORT

Balancing work and family requires a collective effort. Whether it's through communication, delegation, and compromise, involving your family can help create a supportive environment that allows for success at work and home.



PROUD NOT PERFECT

Life isn't perfect, but it can be fulfilling. Give yourself permission to let go of unrealistic expectations of perfection and focus on creating a purposeful life you can be proud of.



MENTORS AND SPONSORS

Advocacy is key to success. Find people who can speak up for you, be your sponsor, and advocate for you in your workplace and beyond.



CELEBRATE

Celebrate your accomplishments and self-advocate. Don't be afraid to take credit for your hard work and vocalize your accomplishments in the workplace.

Power Player

PROMPTS

PRIORITIZING YOUR FAMILY

Reflect on your family situation and identify if there are any changes you could make to better prioritize your family while still achieving your professional goals. Write down three actionable steps you can take to create a better work-life balance.

RELEASING PERFECTION

Identify areas of your life where you strive for perfection. Is this pursuit of perfection holding you back or causing unnecessary stress? Write down three ways you can release the need for perfection and focus instead on creating a life you're proud of.

NAVIGATING DIFFICULT DECISIONS

Consider a difficult decision you had to make in your personal or professional life. How did you handle it and what did you learn from the experience? Write down three strategies you can use in the future to navigate difficult decisions with more confidence and clarity.

ADVOCATING FOR OTHERS

Reflect on a time when you advocated for someone else professionally. What was the outcome and how did it impact your relationship with that individual? Identify three ways you can better advocate for others moving forward in your career.

inspiring your bold, brilliant, badass self