



Where Are We Taking Our Daughters?



Behind the movement to Take Our Daughters to Work is a powerful premise: showing is better than telling. This form of teaching is what some educators believe is the most powerful method of teaching. Originally designed to expose our daughters to career opportunities while unlocking the mysteries behind what mom does all day this day it has become quite a movement. I was wondering if there are some other things our daughters are learning about work. Do you think it now gives our daughters insights into why mom is so tired and haggard at the end of the day. What do you think those insights will be? Let me list a few possibilities, some not so positive.

- The harder you work, the harder you work.
- The new workday is non-ending; it is 24/7/365, which is so inviting!
- The line between work and family is getting blurry, so much so there are days it doesn't exist.
- Today's workplace can be stressful, unhealthy and full of emotional traps like; office

politics, last minute deadlines, and constant changes in schedules, tons of interruptions leaving little space for truly productive time.

- The art of not listening with the preferred style being "drive by" communication.
- The art of the power play and the language of intimation.
- Rules that make little sense.
- Working means giving up your dream in order to make your boss's dream come true.
- Loyalty is a thing of the past.
- There is never enough time.

As we take our daughters to work it is time to pull back taking a good honest look at the real messages we are giving our daughters.

It appears in this "the beginning of a new era" we are teaching our daughters to move farther away from themselves not closer. As we hold the mirror deeply into our own eyes what is it that we really see? Do we see joy in the crinkles of our eyes, a fun, mischievous spirit that knows passion, love and authentic power? Or do we see what many of our chil-

dren see a harried, overscheduled mother who tries often in vain to meet the many demands of coworkers, bosses, family and community? Are those eyes full of frustrated love, ruptured relationships or eyes brimming with grace and relaxed confidence?

Do they see a mom who expresses what it like to feel the touch of a their hand as it reaches for them, the smell and texture of freshly washed hair squeaky to the touch, a shared sunset radiating warmth intricately laced with golden hues bouncing merrily over dark rugged mountain edges? Are these the things we are teaching our daughters?

What I am suggesting we do is show our daughters how to listen to their hearts and we show them by listening to our own. We need to connect with our passions to find and live our life purpose. We need to show our daughters how to dance with joy at the sight of beauty.

We live in Colorado for goodness sake. April is full of delights, the subtle inviting scent of purple

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hyacinths breaking through a late spring snow with brilliant deep colors of purple and pink framed by glistening flakes of snow reflecting the warming sunshine.

To often they see us responding to that giant sucking sound that pulls us into traffic jams, cell phones, interrupted conversations and hearing us repeat daily the new 21st Century mantra "I don't have time to _____!" You fill in the blank.

Our daughters often see us demonizing time, blaming it for our stress and ill health. Our mission as moms is to lead our children down the path of good health, inspire them to form a well thought out spiritual path and teach them to listen to their hearts. We all want our daughters to find that special place in the world that is uniquely theirs. We can teach them that life is lived not through the schedules in a daytimer but through the eyes of the heart.

Our goal as women for decades has been to lead our girls, our sons and our communities into greater prosperity. Now it is time to lead the 21st Century Renaissance. Here we experience a renewal of our true spirit. We allow our creative energy to flow readily and we focus on not a single talent but our many talents which can be expressed through our work, but now not at a sacrifice to our art, music, athletics and sensual appreciation for all that surrounds us.

WHERE TO START:

Slowdown to Speed UP!

Slowing down gives us valuable perspective allowing us to determine what is important and eliminate the rest, then our actions have greater purpose and power.

Plan for Unpredictability.

Let go of the illusion you can control your day. Plan for the unexpected by allowing "white space" in your day. Allow for three hours of unplanned time for a week to start, then several times a week and then each day. It will give you the opportunity to respond to changing situations. If nothing occurs use it as a time to learn new things or catch up.

Focus on beauty all the time.

What you focus on grows. As Oprah suggests, have a gratitude journal. On tough days, you can be grateful for the simple things in life like indoor plumbing.

Actively listen to people.

Listen without interrupting or without thinking about your "To Do List" but with your full attention, just like on a great first date.

Give lots of hugs!

Especially to those you love - like your kids!

Find your dream and live it!

Take small or dramatic steps to make it happen. Nothing can teach our daughters more about true power than watching us make our dreams come true.

Celebrate your mistakes.

See them as powerful learning experiences. Forgive yourself and others. When we do we cease being victims.

Laugh and play everyday!!

Live your passions.

There should be no doubt in your daughter's mind about what you love to do.

Surround yourself with true believers.

This can be an extraordinary lesson, if we surround ourselves with critics and people who steal our time sends one message, surrounding ourselves with people that encourage us, love us and believe in our unique talents is quite a different one.



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