

Fact Sheet for
Mommy Leadership:
How to Use Your Motherhood Experience to Grow
as a Leader

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Author: Stephanie Williams

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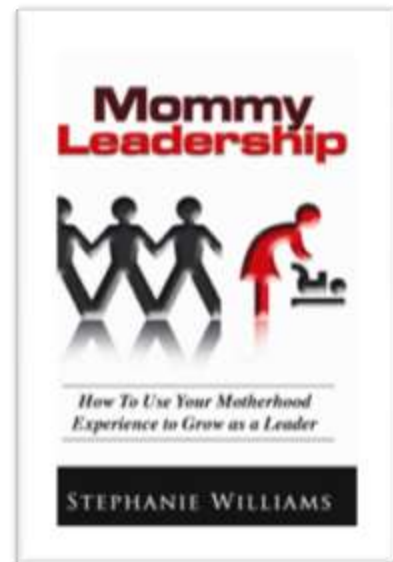
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Mommy Leadership

How to Use Your Motherhood Experience to Grow as a Leader

BOOK SYNOPSIS

In this empowering book, author and working mom, Stephanie Williams, looks at leadership through the "lens" of motherhood and shows working mothers how to apply leadership skills developed in motherhood to professional leadership roles.

Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader shows us that motherhood and leadership are inextricably linked and that motherhood is a critical leadership role women play. So many of the skills and behaviors mothers practice while raising their children can be used in professional leadership roles to yield maximum results. Whether a mom leads the local PTA or a multi-million dollar organization, she likely practices skills in motherhood that are also valuable in the workplace. ***Mommy Leadership*** is for any mother who strives to become the best leader she can be in every area of her life. This book is filled with powerful messages and practical exercises that not only inspire but inform the would-be Mommy Leader.

The Mommy Leadership Method guides mothers through the process of:

- Understanding the similarities between motherhood and leadership
- Identifying specific leadership skills, behaviors, and best practices they have perfected in motherhood
- Adapting those same abilities to professional environments for improved leadership performance
- Celebrating their role as mothers and how it enriches them as leaders

Stephanie Williams uses her own examples and anecdotes along with those from other working moms to demonstrate the application and the power of Mommy Leadership.

Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader will inspire, challenge, and motivate mothers to become better leaders by using the skills they already possess!



MEET THE AUTHOR

**Stephanie
Williams**

Stephanie Williams always knew she would write a book, however, she wasn't quite so sure of the timing *or* the topic. An Ohio native, Stephanie Williams came to Detroit after completing an Industrial Engineering degree at Kettering University and an MBA at Indiana

University to work as a Corporate Buyer in the automotive industry.

During her twenty years in corporate America, she matured professionally and gained considerable experience and insights into leading global teams and managing million-dollar projects. Stephanie acquired another aspect of leadership knowledge through her work in the church where she grew up. She developed a keen interest in the practice of leadership and its effect on organizations and teams. As a result, she began working on her PhD in the area of Organizational Behavior and Leadership *while* working full-time and raising her son.

When her daughter was born, Stephanie soon recognized that she was not Superwoman and could not continue her PhD work. She began to fear that being a devoted mother was hindering her career by limiting the leadership opportunities she could accept. One day as she was feeling a little sorry for herself, she had an epiphany: *Motherhood is a leadership role and it offers a wealth of opportunity to develop leadership skills.* This realization changed the way she looked at her experiences as a mother, and after talking with many of her friends, she felt compelled to share this concept with other working mothers.

In her first book, *Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader*, working mom Stephanie Williams describes the similarities between motherhood and leadership and shows working mothers how to apply leadership skills developed in motherhood to professional leadership roles. She is a certified trainer and offers seminars and workshops on the topic of Mommy Leadership. She is married and has two active children, a nine-year-old boy and a four-year-old girl, who regularly challenge her motherhood skills.

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Motherhood Can Make Women Be Better Leaders Professionally

Detroit, MI June 20, 2010 – Working mother turned author, Stephanie Williams, has written her first book, *Mommy Leadership: How to Use Your Motherhood Skills to Grow as a Leader (ISBN 978-0-982605-40-0)*, based on the concept that motherhood is a critical leadership role and that the leadership skills mothers use can be transferred to the workplace.

With women making up half of all U.S. workers and mothers as primary breadwinners or co-breadwinners in nearly two-thirds of American families (The Shriver Report, 2009), mothers are an untapped leadership resource. *Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader* was born out of Stephanie's own personal struggle with the effects motherhood can have on a woman's career. A corporate buyer with a \$250 million buy and over 20 years of experience, Stephanie struggled with the decision to actively pursue more demanding leadership positions after the birth of her second child for fear she wouldn't be able to effectively raise her children. Through her experience and much soul-searching, she discovered that "children are the not the only fruits of motherhood." Motherhood also yields leadership skills and behaviors. She decided to spread this important message to other working moms.

The book, released in April, encourages mothers to value their motherhood experiences as it relates to leadership and capitalize on them by transferring those skills to professional leadership roles. Important elements of the book include the step-by-step skill transfer process along with practical exercises.

Author, Stephanie Williams, has an Industrial Engineering degree and an MBA in Marketing. She has considerable experience leading global teams and managing million-dollar projects. She also gained leadership experience through her work in the church where she grew up. She developed a keen interest in the practice of leadership and its effect on organizations and teams. As a result, she began

working on her PhD in the area of Organizational Behavior and Leadership *while* working full-time and raising her son.

Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader is available at on Stephanie's website www.mommyleadership.com or at online booksellers such as Booklocker.com, Amazon.com, and BarnesandNoble.com. More Mommy Leadership information can be found on the Mommy Leadership Facebook fan page.

INTERVIEWS WITH STEPHANIE WILLIAMS

Author Stephanie Williams always enjoys the opportunity to discuss her new book, ***Mommy Leadership: How to Use Your Motherhood Experience to Grow as a Leader.***

The following is a list of questions for an interviewer to ask Stephanie:

- 1) Why did you write the book and how did you come up the Mommy Leadership concept?**
- 2) What is Mommy Leadership and why should we care about it?**
- 3) What do you want your readers to get from the book?**
- 4) Give me an example (or a couple examples) of a leadership skill that mothers use. How can that skill be used at work?**
- 5) What is The Mommy Leadership Method and how does it help mothers use their motherhood skills in professional leadership?**
- 6) In what other ways do you believe motherhood is similar to leadership?**
- 7) What do you want us all to remember about Mommy Leadership?**