

Strong women really?

May we know them

May we be them

May we raise them

Someone posted this quote recently, celebrating women's day. I read this and thought, right now I'm not feeling so strong.

I have had an awesome career in the corporate world holding a series of very senior roles and owned my own successful businesses. No doubt I am perceived to be strong woman.

Sure there are times to be strong for your family, for your friends, and for yourself to get through times that may require you to draw on your deepest reserves, but I am beginning to realize that sometimes it's ok to not be strong all the time. Sometimes it's ok to not be ok. The more people you can be honest with about this, the stronger you will become - a bit of a paradox ?? but it is true.

I have found that the strongest women are the kindest. That the strongest women are the most gentle. That the strongest women are the most generous.

Sadly strong women are perceived to be exactly opposite of this.

After all, we are all women, with families and friends, that despite what people may think, we care about deeply and will protect fiercely.

Does this mean that we don't occasionally need a hug? Or that we need someone to actually ask how we really are doing? Absolutely not.

Vulnerability is seen as weakness by many ... why doesn't she just get on with it? Well sometimes we need to refuel. This can take a day, a week or a year.... and we will be back.

The reality is that we (the strong ones) set ourselves up ... when we do feel weak or sad or unsure ... people around us generally don't know how to behave ... if they only knew that all we might need is love, support and a little rest in a safe space with no judgement, rather space to heal and get our mojo back.

So,

- may we know them ... yes but only if you dare to get close
- may we be them ... yes when we need to, but it's also ok not to be unfailing
- May we raise them ... sure but let's make sure we show our daughters that it's ok to not always ok

Strong does not mean hard, it means being able to get up and do what needs to be done despite not feeling like you can ... I don't think there is a woman in the world that hasn't had a day like that ... so here's to all women ... even in the times they're not that strong x