

## **Q & A**

### **What series of events inspired you to write *Corporate to Kindergarten*?**

After the birth of my first child, I realized that I didn't have a true "reality check" about what it was "really" going to be like after having the baby and trying to get myself back together. I didn't know how I was going to wash my hair again because I didn't know what to do with the baby while washing my hair when no one was at the house with me. I just didn't know a lot of the recovery raw stuff that one goes through after having a baby. I vowed then that I would share some of my milestone parenting moments with others. This book was my personal diary relative to what I was feeling and thinking while going through the kindergarten experience with my child.

### ***Corporate to Kindergarten* shares your joys and struggles as a mother and corporate executive during your son's kindergarten year in school. What did you learn about yourself during this time? Looking back, is there anything you would have done differently?**

I learned that it is a major decision to make concerning where to put your child in school. I learned that since life is short, it is important to take it one day at a time and not be overly consumed by the "cares" of the kindergarten experience. If I could do anything differently, it would have been to begin discussing children's education during the dating phase with my husband. In other words, we discussed how many children but we didn't necessarily discuss long-term plans for their education. While this may be too forward thinking for some, it may have eased my anxiety if I/we had given some forethought to the whole education piece.

### **You recently transitioned from a successful 23-year career in the financial industry to business owner (Rai Glover Consulting launched in April 2008). Are the challenges of balancing motherhood and career still the same in your new role?**

Absolutely. Life is truly interesting. I gave up my career in the financial industry to be with my father prior to his passing last September and realized that balancing motherhood and "daughterhood" is a career challenge.

### **Do you think the corporate world is becoming easier to navigate for parents?**

I am pleased with the progress a number of corporations have and are making to accommodate working moms and dads. I do believe, though, that employees have to be very focused when trying to achieve balance. Be focused about cutting the BlackBerry off. Be focused in spending quality time with the family. Be focused.

### **Based on your experiences, what are some tips for successfully managing career and family roles?**

In addition to managing career and family, I believe firmly that we can't forget about ourselves in our quest to achieve balance between the two. We need to take some quiet time to assess how each of us as "individuals" is doing. I do believe that if we are not good to ourselves, we really can't be good to or for anyone else. After being good to ourselves, we can better assess what we want to accomplish for the family, our careers, and other commitments. Take it one day at a time.

### **What do you want readers of *Corporate to Kindergarten* to take away from the book?**

The transparency of a corporate mom who is willing to share what she really felt like during this emotional year for her. After reading the book, I want working moms and dads to know that there is

a light at the end of the tunnel – even when hard choices and sacrifices have to be made along the way. Ultimately, that's what I learned during our kindergarten year in school.

### **Any more books on the horizon?**

Definitely. I've been through so much and I firmly believe that my life is to be a blessing and testimony to and for others.

### **What people will learn as a result of reading this book**

The personal weekly thoughts in this diary will share my true emotions when I was juggling career and kindergarten.

One will see through this book that self-worth is evaluated from time to time. One will see the many challenges of trying to do both well. This book will share a mother who tries to do both well and who feels she is burning the candle at both ends. The candle becomes not only two ends but several ends—family, work, personal.

This book will share many weekly thoughts that resonated in the mind of an executive in corporate America. The thoughts are hilarious, painful, draining, joyful, and open. The expressions in this book are thought provoking and enlightening to persons entering the phase of kindergarten schooling while holding a job in corporate America.

While most books focus on working moms, this book focuses on the kindergarten experience, which is unlike the daycare experience for working moms.

One will learn from this book that it is okay to feel that which he or she feels when he or she feels it. One will learn that there is hope at the end of the day/week. One will understand that hair dye does cover the grey. One will understand that the balance is definitely worth it but it is a struggle and much more.

This book is the unadulterated truth about a corporate to kindergarten personal experience. The experience has been major, from an adjustment perspective. Who would have thought that shopping for school supplies would become a major event? Who would have thought that a four-page newsletter would be produced to share the minute-by-minute breakdown of the kindergartener's first day at school? Who would have thought that the 100-day project would not be finished until 3:00 A.M.? Who would have thought a PTA meeting would bring tears to a corporate mom's eyes? Who would have thought that the after-school carpool line would range from breathing ease to an anxiety attack? Who would have thought a first quarter progress report would feel like a mid-year exam in college with the warm sensation in the lower abdomen? Who would have thought how serious signing up for volunteer opportunities would become? Who would have thought the Mother's Day tea with the class would become the **Extravaganza of the Year**? Who would have thought corporate to kindergarten would be such an adjustment? Who would have thought?

Therefore, in sharing my diary, I hope others will see that at the end of the day, it all works out. Even if we have to make hard choices.