

Under Pressure

by Lynn Kreps



Dr. Farzanna Haffizulla

Ladies, the pressure is on! Even with today's sweeping technical and social advances, juggling the demands of a career, household and family is still overwhelming. After all, a mother of the millennium is a true superhero – able to serve organic, non-hydrogenated heart-healthy meals, post pithy phrases on social media networks, volunteer for at least a handful of civic causes, and reduce her family's carbon footprint while looking 10 years younger and setting an example as both an individual developing her unique talents and as part of a loving, familial team. *Whew!*

Before you lament, shake your fist to the sky or eat an entire sleeve of Thin Mints, remember this: you do not have to justify your personal choices by publicly demonstrating their benefits. A strong and resilient woman is her own best judge when

it comes to her family's well-being. The daily decisions she makes are influenced by many ever-shifting factors, so whether she went grocery shopping in yesterday's clothes or served lunch to her toddler out of a can, the bar that was lowered can easily be raised again. And there's someone who can help!

Dr. Farzanna Haffizulla – wife, mother of four, business owner/founder, physician and community advocate – is the nationally recognized author of "Harmony of the Spheres – A Working Mom's Lessons of Love, Strength and Balance." In her book, Haffizulla promotes the art of establishing a workable career/family plan by drawing on her own life experience as a physician and mom. The best way to succeed is by following in the footsteps of someone who has had success, and Haffizulla's credible and transformative footsteps are easy to step into. Women from all walks of life can glean valuable information from this publication, but it's especially helpful as a resource for working professionals with children.

In the US today, women represent 46% of the labor force. In 2009, data from the US Bureau of Labor Statistics indicated that almost 75% of employed women with children under age 18 work full-time hours. Dual-income families are standard as the skyrocketing cost of living is financially best shouldered by both parents. For many households, the advantage of sufficient income is shadowed by the strain of managing family schedules while completing the endless routine of domestic tasks. With limited time and energy to devote to children,

Continued on page 36



The Haffizulla Family

Photo by Our365



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Continued from page 34

spouse and self, many mothers struggle to maintain familial health and harmony. This is particularly true for working mothers in professional fields as they tread on the gender-biased shards of the glass ceiling.

"Harmony of the Spheres" addresses the specific issues faced by women challenging the status quo. Haffizulla advocates a viable lifestyle where women can simultaneously be effective mothers, wives, community leaders *and* working professionals. The book is divided into sections that clearly define active ways to create balance between the "spheres" of career, family and community. Haffizulla strikes just the right chord by offering advice that can be adapted to any mother's individual situation. She examines the roots of personal dynamics and promotes self-reflection to prioritize issues specific to one's own individual and familial goals. She also has a wonderful website, www.busymommd.com, full of resources and tips covering a range of topics like travel, nutrition and education.

The times, they are a-changin' – steering through the rocky waters of motherhood today is no easy task, but it can be done. It's being done by women like Dr. Farzanna Haffizulla who strive for something greater.

There's room right beside her.

Life is short – parent well! **PBG**

"Your children gain tremendously from your own experiences, passions, and pursuits. Stories from your childhood help your kids develop empathy and respect for you and give them a full picture of you as a person ... By showing them a range of reaction to tough situations, they learn to see you as a real person – not someone who mechanically feeds them, picks up after them, and drives them around. In seeing how you deal with challenges, they also imbibe lessons about perseverance and emotional and mental grit."

From Chapter Three, "Family Sphere – Managing Children, Hearth, and Home"

"Delegating work is one of the most important jobs as a leader. In many ways, there is an art to it, almost like being a parent. On one hand, you want to project authority, which ensures that people follow you as a leader and do the work they have been assigned. On the other hand, you want to project kindness and support, making sure there are incentives in place to motivate people to work. I dole out praise and kudos when the situation calls for it, but also make sure I provide constructive criticism in areas that need attention."

From Chapter Four, "Community Sphere – Cultivating a Rich Life Outside Work and Home"

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