

**acas** working  
for everyone

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## Case Study:

# Breaking Down Barriers to Career Progression as a Mother

A personal perspective





MYTHS & **FACTS**

**“If you don’t fit in here, you  
only have yourself to blame”**

# Myths about mothers at work:

- Working mothers are unreliable
- Working mothers must adapt to the workplace to succeed
- Working mothers can opt in or out of work

**FALSE**

**FALSE**

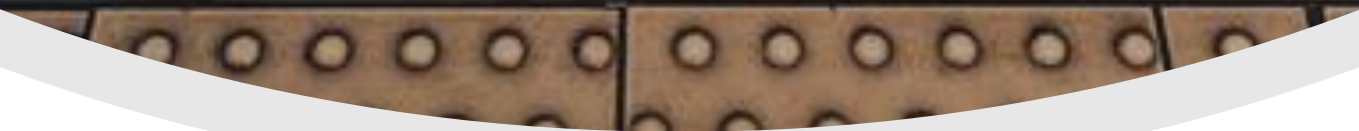
**FALSE**



## Flexible working: Personal top tips

- Know your options
- Read the Acas advice
- Return to work plan
- Compromise
- Make the choices yours,  
throughout your career

**MIND THE GAP**





## Supporting others to success

- Listen hard
- Support networks & forums
- Be visible
- Speak up
- Say yes



## As you progress:

- Recognise your strengths
- Set your goal – and be prepared to change it
- Invest in your development
- Tackle your impostor
- Setbacks but no regrets
- Get a coach. Several times.



■  
**And finally:**

**Lower your standards  
and teach them to  
cook**

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