

A Woman's Work

Even with a First Lady in the White House making it all look so effortless, the age-old question remains: How in the world does she find time to balance it all? We followed the lives of three women at the top of their professional game to see how they handle the challenges of being powerhouses in the office and nurturers at home. It's hard work, but somebody has to do it

Words by Joyce E. Davis

60 upscale MAY 2009



4:20 A.M. I am awakened by Charlie Maria crying. I haven't had eight straight hours of sleep in over five months.

9:30 A.M. Nanny is 15 minutes late and I have a 10 a.m. sales call. I know the pre-mommy me would not accept that as a viable reason for tardiness.

After getting ready for the day, packing her breast pump, lunch and gym bag, Arena plays with her baby until the nanny comes. She uses her drive time to transition into CEO mode, where she manages 250 employees, oversees sales, meets with clients and often travels.

9:55 A.M. I arrive at the client meeting and walk confidently into the meeting, forgetting that spit-up may have fallen on my Chanel pumps.

12:50 P.M. I have time for one quick story from the nanny about something cute the baby has done since I left this morning. I miss her.

3:00 P.M. I pump while sending documents to the printer for tomorrow's lunch meeting.

"I use the drive time home to decompress and make the



THE PLANNER

Andrea Arena, 41
President and CEO, 2 Places at 1 Time, Inc.,
(corporate concierge service)
Daughter, 7 months
Significant other lives out of town

transition. "Then, I change clothes as soon as I get home," says Arena. "It sounds like a simple thing, but it is a way to mentally make that transition."

7:00 P.M. I'm home hearing about the baby's day and holding my little girl. When I come home, the nanny and I try to have a 30-minute overlap.

"I may be the final decision maker at my company, but I will seek guidance from the nanny about many aspects of the baby's schedule," says Arena, who also reads the journal her nanny keeps about her baby's daily activities.

7:30 P.M. I realize that I accidentally left the milk that I pumped that day in the refrigerator at work—10 ounces. That's a lot of work. I can't let that go to waste. So, the baby and I pack up and drive to the office.

In the evening Arena and her baby usually read books, sing songs and play, talking and laughing. After the baby falls asleep, she gets in a few hours of laptop time until the baby's up for her 11:00 p.m. nursing.

The Balancing Act

Entertainment attorney and author **Marshawn Evans** (*Skirts in the Boardroom*), a former competitor on *The Apprentice*, is familiar with the challenges that come from juggling duties and maintaining power on the job.

In Arena's case, Evans thinks that she has the upper hand. "She can actually set a good example on how a

woman can balance being a mom so the other people working with her can see that as well. The thing that you have to do is still have a CEO approach to how you will operate your life, which means you have to plan and plan ahead and set boundaries for your life—you set your boundaries at your job so that people will understand that your children are a priority as well, but in doing so, you can't neglect your work."

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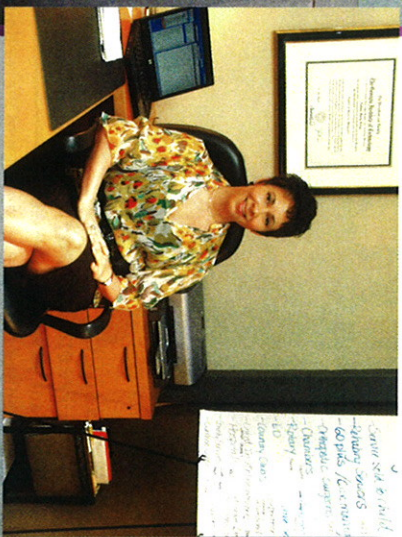
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BETTINA DENNIS