

WFWP USA: HerStory Podcast Episode 10 - Leading with a Mother's Embrace

Katarina Connery
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"Women's Federation must be a place where people feel truly accepted, seen, and empowered - a mother's true embrace."

In this compelling episode of the HerStory Podcast, Katarina Connery, newly appointed President of Women's Federation for World Peace USA, offers a heartfelt exploration of leadership grounded in family values, self-compassion, and feminine power. Katarina shares how her role as a wife and mother of three profoundly shapes her approach to leadership, emphasizing the importance of maintaining a healthy balance between work and home. She recounts making a personal commitment to prioritize her family, believing that a leader's strength and effectiveness come from a stable and supportive home environment. This philosophy influences how she leads the Women's Federation, fostering a culture of flexibility,

understanding, and grace for women juggling the demands of family and work.

Katarina's vision for the Women's Federation centers on awakening women to their true value and encouraging collaboration between women and men. Drawing inspiration from the WFWP's founder, Holy Mother Han, she highlights the mission to help women recognize their worth and develop themselves in partnership with men. Under her leadership, the organization continues to build on its existing foundation, focusing on empowering women to support each other and their communities. Katarina envisions WFWP as a "place of a mother's true embrace," where members feel seen, accepted, and empowered to grow into better wives, mothers, and leaders.

A key lesson Katarina imparts is the transformative power of self-compassion. Reflecting on her personal growth, she shares the practice of "Radical Acceptance" - acknowledging and embracing one's emotions without judgment, rather than rushing to fix or suppress them. This simple yet profound practice has helped her manage overwhelm and lead with greater emotional resilience. Katarina encourages others, especially women leaders, to be gentle with themselves, recognizing that emotional struggles are part of the journey. Her story is a powerful reminder that authentic leadership grows from self-awareness, compassion, and a heart-centered approach to both family and community. This episode is a must-listen for anyone seeking inspiration on feminine leadership, emotional strength, and creating lasting impact through love and collaboration.

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