

Momcafe helps women hit their goals

Today's woman can have it all, so long as she knows what she wants.

So says Virginia Greene, president and CEO of the B.C. Business Council in Vancouver. Greene and her daughter, Justine, will be sharing their thoughts on what it takes to balance work, family, and personal needs as a modern woman during a presentation tomorrow for "momcafe," a support group for professional moms.

"I think my biggest piece of advice

would be, it's a long life and there's time for you to do everything," said Virginia. "I think you can have it all but I think you have to know what you're doing when you do that."

Justine, the director of Operations at InspireHealth, says she wouldn't change a thing about her childhood as the daughter of a power mom, and that it made her who she is today.

"At about [age] eight or 10 someone said to me, 'what do you want to

be when you grow up?' And I said, 'a boss,'" says Justine.

The Greene's have come up with the "Greene Girls, Top 10 List" of how women can balance their personal and professional lives. Number one, Virginia says, is to take care of yourself. Numbers two and three are to "set goals," and to continually reassess your life in order to know what you want.

- Lucy Gotell, 24 hours

Lucy Gotell
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