



# Growth & Life Experiences in 2020

Exploring the **silver linings** moms experienced to their work, home, and personal lives amidst COVID-19.

Werk**Labs**

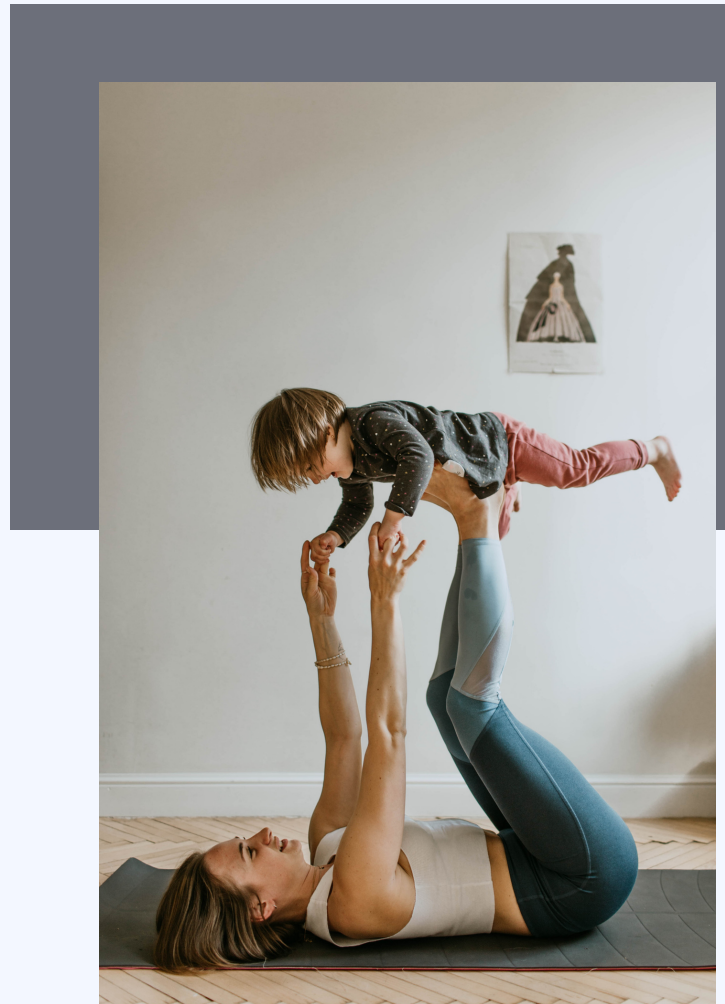
# Introduction

## Silver Linings of COVID-19

WerkLabs surveyed over 1200 individuals to learn more about the life experiences of moms since the onset of COVID-19 in 2020, with a specific focus on any positive growth moments experienced.

While WerkLabs knows that for most, the negative effects of the present time far outweigh the positive -including but not limited to managing new health concerns, loss of employment, childcare shortages, and constantly shifting home and work realities. Nonetheless, many have found silver linings amidst these challenging times.

This report is intended to highlight those silver linings. The findings of this report are broken down into three categories: silver linings experienced in (1) Work Life, (2) Home Life, and (3) Personal Growth.



***"I am willing to let go of some things that used to get on my nerves. I suppose that's called 'not sweating the small stuff.'"***

***- surveyed mom***

## Work Life

# Silver Linings of COVID-19

*Since the onset of COVID-19...*

72%

Of moms report being able to change their work hours throughout the day in a way that better supports their home life.

55%

Of moms report that they have been better able to separate themselves from what they viewed as a toxic work environment.

56%

Of moms report being more efficient during working hours.

66%

of moms report that they feel more comfortable advocating for their needs at work.

***"At the beginning my work experience was terrible with a toxic work environment. I found a job through the mom project and couldn't be happier!!!"***  
***- surveyed mom***

## +clarity for future of work

**90%** of moms report that (1) the shift to remote work has been positive and (2) that they are now more determined to work from home at least some of the time, in the future

**88%** of moms report that working amidst COVID-19 has provided clarity with what they want in a future employer

# Home Life

## Silver Linings of COVID-19

# 83%

Of moms reflect positively that COVID-19 implications resulted in them being able to watch their kids grow in ways they otherwise would not have been able to see.

# 91%

Of moms that were able to spend more time with their kids at home report that this was a positive change amidst COVID-19.

***"I got to see some of the 'lightbulb' learning moments I wouldn't have otherwise seen, and that was magical. I was able to eat dinner with my kids every single night, and that was magical as well."***  
***-surveyed mom***

***Since the onset of COVID-19...***

## +efficiency

66% of moms reflect positively that they have learned how to do more with less.

60% of moms report having become more efficient with tasks around the house.



66% of moms reflect positively on having grown in their relationships (ie. spouse, partner, friendships).



40% of moms report feeling more balanced in how they split time between home and work life.

# Personal Growth

## Silver Linings of COVID-19

*Since the onset of COVID-19...*

65%

Of moms report becoming more dedicated to their life outside of work.

54%

Of moms report that they have become kinder towards themselves.

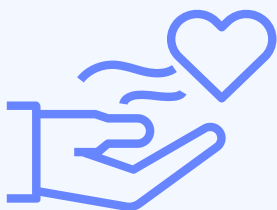
82%

Of moms report that they have become more intentional with who they spend time with.

55%

Of moms report that they have gotten more comfortable asking for help when they need it.

***"I am good at asking for help. But, now, I feel more comfortable doing so knowing that others are also trying to balance work and home life."***  
***-surveyed mom***



**66%** of moms report that life amidst COVID-19 positively highlighted the value of learning self-care.



**77%** of moms report getting to spend more time outdoors was a positive change they experienced since the onset of COVID-19.