

## FRESH INSIGHT

# Women Should Be Lifting One Another Up

As women of color, we face enormous challenges in the business world, regardless of the sector. Although we continue to make significant strides in leadership and entrepreneurship, many hurdles and obstacles have yet to be overcome.



**Changing the world's mind-set about women will only happen when we, as women, truly begin to support one another.**

One might even call this The Year of the Woman! But the price many women of color have had to pay for this rise to the top, in which our gifts and talents are finally starting to be recognized by mainstream media and Corporate America, has been great, and the toll significant.

I was born into extremely humble beginnings—the love child of a young biracial couple ill prepared to deal with the firestorm of controversy around bringing a half-Black baby into the world during the height of the civil rights movement. I was left at an orphanage at one month old to face the unknown alone. Fortunately, I was blessed to be touched by several angels along my life journey who made it possible for me to exceed my goals and reach unimaginable heights. Sadly, at least in the business world, few of those hidden gems were other women of color.

In fact, one of my first big career breaks came from the unlikelyst of mentors, President-Elect Joe Biden. I was a single, young mother, just a couple of years out of college and working in my first job as a television reporter, when then Senator Biden asked me to come work for him as his Delaware press assistant.

At the time, he didn't know my history or anything about me. He didn't know that I, like so many women, had been struggling with all the mental baggage carried over from my childhood. None of it mattered. He saw a young woman with potential just starting out, and he wanted to help. A simple act of kindness that gave me the guidance, leadership skills,

**Cathleen Trigg-Jones**

confidence, and example I needed to soar in life.

I can't help but wonder why we as women of color have often been afraid to take those same risks on one another. Is it because we have been conditioned to fear one another as women of color? Or is it because, for far too long, we have been pitted against one another and falsely led to believe there is only room at the top for one of us? Whatever the reason, I can only hope that, as more of us enter into leadership roles and positions of power, we begin to recognize and truly celebrate our strength in numbers.

My own desire to help other women is what has led me to create the all-female-empowered iWoman TV network. Women are changing the world, but changing the world's mind-set about women will only happen when we, as women, come together and truly begin to support one another and celebrate our accomplishments. We must begin to tell and rewrite our stories to better represent who we are and what we are, through our own lens. Only then can we change the mind-set of the next generation of girls and boys.

An African proverb states, "If you educate a man, you educate an individual. But if you educate a woman, you educate a nation." I believe that to be true across the board. When women lift one another up, we all win. **DW**

*Cathleen Trigg-Jones is an Emmy Award-winning journalist, actress, businesswoman, philanthropist, and founder of iWoman TV. Follow her on IG: @cattrigg.*