

Publications

Shepard, B., & Hudson-Breen, R. (2007). Youth with Fetal Alcohol Spectrum Disorder: Suggestions for Theory-Based Career Practice. *Canadian Journal of Career Development*. 6(1), 25-31.

Boivin, K. & Hudson Breen, R. (2005). Cultivating heartfulness: Mindfulness practice as a community building tool. *BC Counsellor* 27(1), 111-123.

Shepard, B. & Hudson Breen, R. (2004). Future Bound: A life-career expedition. *NATCON proceedings paper*. Available at:
http://www.natcon.org/natcon/papers/natcon_papers_2004_Shepard_Breen.pdf

Marshall, A., Shepard, B., Wilson, L., Hudson Breen, R. & Matthews, J. (2004). Ethical issues in cross-cultural research with youth: Three perspectives. *Learning and the World We Want proceedings paper*. Available at:
<http://www.educ.uvic.ca/learning/proceedings.pdf>



University
of Victoria

Graduate Studies

PROGRAMME

The Final Oral Examination
for the Degree of

DOCTOR OF PHILOSOPHY
Department of Educational Psychology and Leadership
Studies

Rebecca Hudson Breen

2006	University of Victoria	MA
2001	York University	BEd
2001	York University	BA

“Meet the ‘Mompreneurs’: How Self-Employed Women with Children
Manage Multiple Life Roles”

Wednesday, April 9, 2013
3:00pm

David Turpin Building, room 144

Supervisory Committee:

Dr. Susan Tasker, Department of Educational Psychology and
Leadership Studies, UVic (Co-Supervisor)

Dr. Bryan Hiebert, Department of Educational Psychology and
Leadership Studies, UVic (Co-Supervisor)

Dr. John Walsh, Department of Educational Psychology and
Leadership Studies, UVic (Member)

Dr. Aegean Leung, Peter B. Gustavson School of Business, UVic
(Outside Member)

External Examiner:

Dr. Priya Mani, Faculty of Education, University of Manitoba

Chair of Oral Examination:

Dr. Jane Ye, Department of Mathematics and Statistics, UVic

Abstract

Although there is a strong body of existing research on women's life-career development and on women's entrepreneurship, there is a lack of understanding of the experiences of mother entrepreneurs specifically. This dissertation addresses the question *how do self-employed women with children manage their multiple life roles*. Context and the rationale for conducting the proposed study is discussed, followed by a literature review, which begins by describing the key career development terms, offering an overview of career theory with a focus on women's career development and entrepreneurship, followed by a discussion of modes of inquiry considered appropriate for this study. An outline of the research methodology is presented, with further rationale for a qualitative approach, specifically Grounded Theory. This research includes a description of the basic social problem *Being a Mother Entrepreneur*, as well as proposing a substantive theory to explain how mother entrepreneurs manage their multiple life roles. This process is explained in the core category *Keeping Going*, which is comprised of seven key elements: *feeling supported, making choices, adapting creatively, remembering the push, remembering the pull, envisioning the future, and living my values*. Finally, implications for further research, including the extension of the proposed theory to other groups, and implications for counselling practice are discussed. Particularly, this research underscores the importance of understanding the role of values and multiple life roles on the process of career-life development

Awards, Scholarships, Fellowships

- Dr. R. Vance Peavy Travel Bursary recipient, 2012
- University of Victoria Doctoral Fellowship, 2007-2010
- David Stewart Book Prize for Counselling, 2006

Presentations

- Presenter at Canadian Counselling and Psychotherapy Association National Conference, May 2012. "Meet the Mompreneurs: Understanding the Career Development of Self-Employed Women with Children"
- Presenter at CANNEXUS National Career Development Conference, January 2011. "Meet the Mompreneurs: Initial Results of a Grounded Theory Study"
- Presenter at Victoria Volunteer Counsellor Conference, 2008. "Assessing Risk for Suicide"
- Co-Presenter with Dr. J. White and J. Morris at Canadian Counselling Association Conference May 2007. "Re-thinking youth suicide prevention: An invitation to dialogue"
- Presenter at Connections Conference, University of Victoria, 2006. "Mindful Lives: A Mindful Inquiry Approach to Understanding the Lived Experience of Mindfulness Practices"
- Co-presenter at Provoking Curriculum Conference, February 26, 2005. "Resilient youth: Narratives of multiple transitions"
- Co-presenter with Dr. A. Marshall, Dr. B. Shepard, and L. Wilson at Learning and the World We Want Conference, 2004.
- Co-presenter with Dr. B. Shepard NATCON 2004 conference. "Future Bound: A life-career expedition"