



Finding Your Voice

The Unconventional Adventures of a “First Lady”



The Council of
Independent Colleges

ENGAGING
COMMUNITIES

2025 Presidents Institute ● **Spouses and Partners Program**

January 4–7, 2025 ● JW Marriott San Antonio Hill Resort & Spa ● San Antonio, Texas

Thank you to our sponsor



Metz
CULINARY MANAGEMENT



The Council of
Independent Colleges

ENGAGING
COMMUNITIES

2025 Presidents Institute ● Spouses and Partners Program



About Me

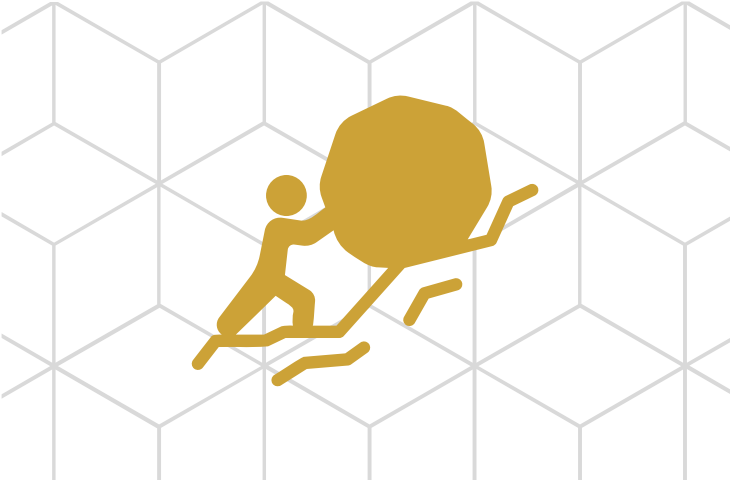


- Weslaco, Texas – Rio Grande Valley
- 15 years with H-E-B as a Senior Executive
- 8 Years as First Lady of San Antonio
- Trained in research, business strategy, talent development, and trend management
- UT Austin; University of Pennsylvania, Annenberg School; University of Chicago, Booth School
- Farmworker, Mother, Latina Professional



@the_erika_prosper





Expected Challenges

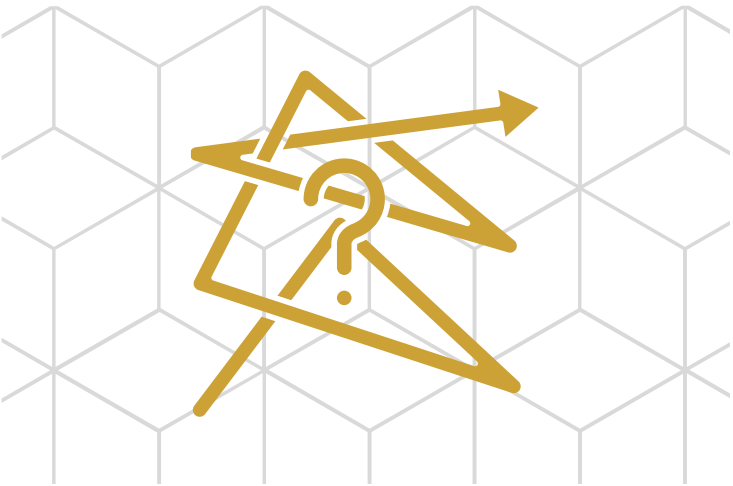
The Career

The Kid

The Lack of Privacy

The Lost Time





Unexpected Challenges

The “Look”

The Non-Elected Blurry Line

The Security Threats

“Behind Every Man/Woman”



Navigating Expectations

- 1. Introvert vs. Extrovert**
- 2. Establish Boundaries Upfront - Work and Life**
- 3. Know Your Passion Points**
- 4. Learn to Say “Not Now”**

Best Practices & Advice



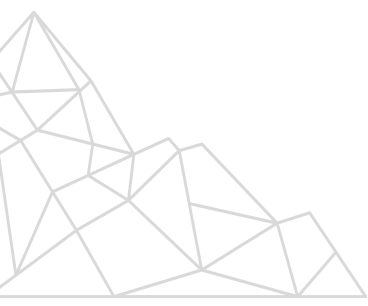
- 1. Keep your involvement strategic and neutral**
- 2. Stay away from your partner's HR & politics**
- 3. Be clear with your comm & access boundaries**
- 4. Co-create impact context for your kids**





Post-“First” Life

- 1. Consider a transition coach - Bereavement**
- 2. Assess passion from position**
- 3. Have goals for the first 6 months - travel/
projects**
- 4. Re-set boundaries**





Discussion and Q&A



The Council of
Independent Colleges

ENGAGING
COMMUNITIES

2025 Presidents Institute ● **Spouses and Partners Program**
January 4–7, 2025 ● JW Marriott San Antonio Hill Resort & Spa ● San Antonio, Texas



Thank you for attending this session!



Metz
CULINARY MANAGEMENT



The Council of
Independent Colleges

ENGAGING
COMMUNITIES

2025 Presidents Institute ● Spouses and Partners Program