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## Rose-Anne Farrington Reflects on Public Relationship with Governor Bryan, Parenthood, and Professional Growth During Live With Laura Show

Farrington opens up about parenting, professional growth, and her public relationship with Governor Bryan during a Women's History Month episode of Live With Laura, which also featured leaders in business, wellness, and healthcare from the Virgin Islands.

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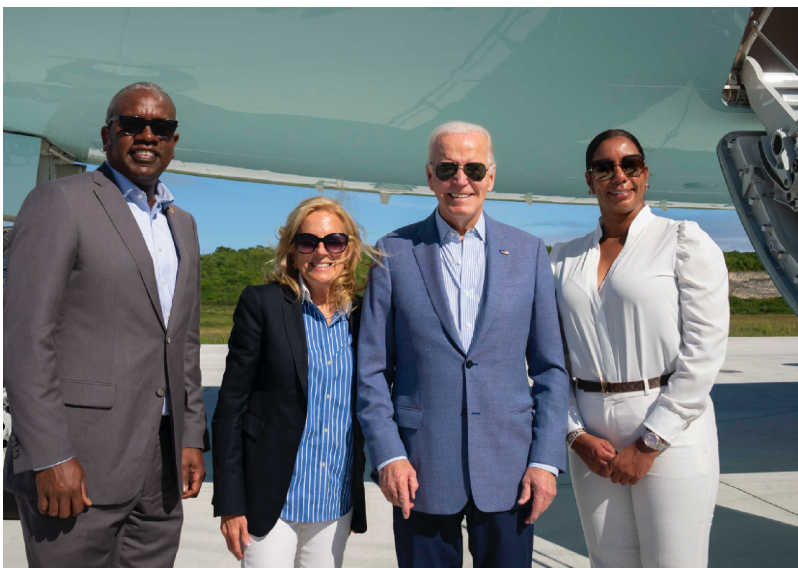


Governor Albert Bryan Jr. and his partner, Rose-Anne Farrington, pose beside Air Force One during President Joe Biden's most recent visit to the U.S. Virgin Islands. By. GOVERNOR BRYAN'S FACEBOOK PAGE

ST. CROIX — Rose-Anne Farrington, Deputy Commissioner at the V.I. Department of Tourism and partner of Governor Albert Bryan Jr., opened up during a candid interview on the *Live With Laura* talk show, [aired Sunday, March 23](#) on the V.I. Consortium. Farrington discussed the nuances of being in a highly visible relationship with a sitting governor, balancing motherhood with professional growth, and the importance of self-care.

Farrington acknowledged the public nature of her relationship with Governor Bryan, noting, “You are right. I’m in a very public relationship based on the fact that the governor is a public official. But we have a very, a great private life in terms of maintaining balance, maintaining boundaries, ensuring that everything that we may experience that’s external to our relationship... we try to keep it external.”

She described the support and encouragement she receives from her partner as central to her personal and professional development. “When I talk about self-care, it’s one of the best feelings when you’re in a relationship with a person who supports you. Supports your growth, encourages you, pushes you at times,” she said. “This relationship — yes, has been very public, I mean understanding the stage we stand. But it’s just amazing to share love and a relationship with a person who understands the assignment, who shows up as a whole person, as an exceptional partner, and that’s someone I’m really proud to be able to share my lifetime with and to grow, you know, ultimately grow together.”



*Governor Albert Bryan Jr., President Joe Biden, First Lady Jill Biden, and Rose-Anne Farrington pose beside Air Force One during the Bidens' most recent visit to the U.S. Virgin Islands.*

Farrington, who is a mother to three children—an adult daughter and two teenage sons—spoke on parenting as a continuous and evolving journey. “They are growing and transitioning,” she said. “My adult daughter who also serves in hospitality, and rising 17 and 15-year-olds. They’re boys so there’s that autonomous independence that presents itself.” Both Farrington and Governor Bryan divorced their longtime partners last year.

She emphasized the significance of leading by example for her children. “I’ve already subscribed to the philosophy, especially in parenting, you lead by example, so it’s important for my children—older, growing—to see and understand that women can have a seat at the table, can take

up space and that you should, while balancing the dynamics of parenthood because technically you're never not a parent.”

Farrington also highlighted the importance of embracing professional growth while incorporating self-care into her daily routine. “Now that I am able to show up more in professional growth, access to opportunities and actually ensuring that I follow through on opportunities, it's also important to be an example of a person who takes time for self, and implements a self-care plan,” she said. “You cannot pour from an empty vessel... It's important to stop, to assess, and to really implement a good, solid, well-rounded self-care plan that works well with your professional path.”

The episode of Live With Laura, produced by Women In Business VI & Caribbean Inc. and sponsored by the V.I. Consortium, also featured three other accomplished Virgin Islands women who are making a mark in their respective industries.

Angela East-Jaschen, a seasoned businesswoman, is the founder and CEO of East Consulting and the host of Leaders Who Lunch. Her firm is recognized for fostering leadership development and building strategic partnerships.

Iveliz Petersen, owner of Hygge Suds, runs a natural body and skincare brand that promotes self-love and wellness through handcrafted products. Petersen’s entrepreneurial mission centers on empowerment and holistic care.

Dr. Lisa Adams, the first native female Black optometrist in the U.S. Virgin Islands, co-owns the Sterling Optical Chain with her husband, Joel Mahepath. Dr. Adams has blazed a trail in the field of eye care, paving the way for future generations of Virgin Islanders interested in medicine and health sciences.

Together, the women shared stories of resilience, leadership, and purpose, contributing to a dynamic and inspiring Women's History Month episode that spotlighted local women shaping the Virgin Islands through business, public service, and community engagement.