

From the Court to the Family: CJ Watson & His Mom Cathy on Sacrifice, Legacy, and Raising Champions

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By Candace Dellacona

What does it really take to raise two professional athletes while still showing up for your community? In this special episode of The Sandwich Generation Survival Guide, Candace Dellacona sits down with retired NBA player CJ Watson and his mother, Cathy Watson, for the show's first-ever conversation with both a parent and their adult child.

CJ played for the Golden State Warriors, Chicago Bulls, Brooklyn Nets, Indiana Pacers, and Orlando Magic, and is the founder of the Quiet Storm Foundation. Cathy has spent more than 30 years in youth development in Las Vegas and now serves as the foundation's executive director. Together, they open up about the sacrifices behind CJ's success, keeping character and education front and center through an athletic career, leading by example instead of by words, and how their relationship has evolved now that CJ is an adult, a father, and a business partner in the family's foundation.

Whether you are raising children with big dreams, redefining your role as your kids become adults, or thinking about the legacy you want to leave behind, this conversation offers a rare, honest look at what family, faith, and sacrifice look like from both sides.

Learn more about the Quiet Storm Foundation at <https://quietstormfoundation.org>

Follow CJ Watson on Instagram at https://www.instagram.com/qs_foundation/

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