

Inter-session Work: Between Sessions 1 and 2

Please complete the following before the next session. Note these in your journal. Email camilla@orangegroveconsulting.com with any questions or concerns. This will take you around 2 - 3 hours. Feel free to use more time to include even more detail.



**RMR Women in
Leadership Program**

ACTIVITIES

1. Revisit and rework your vision
2. Ask for feedback
3. Update your Reflected Best Self
4. Compare personal and organizational vision
5. Revisit and revise your goal(s)
6. Work with your accountability partner, and connect around your goal(s) and goal progress



Detailing your career vision^[1]

- Answer these questions to flesh out your vision in more detail in your journal
- Translate your mindmap into words
- Imagine achieving the results in your life that you deeply desire
- What would they look like? Feel like? What words would you use to describe them?

Area	Question
Self Image	If you could be exactly the type of leader you wanted, what would your qualities be? (you might consider the role model you thought about in preparation for this session)
Tangibles and success	How do you define career success?
Work Environment	What is your ideal work environment?
Relationships	What types of relationships would you like to have with your co-workers, manager, peers, clients, and others?
Work	What is your ideal professional situation? What impact would you like your efforts to have?
Creativity	How creative would you like to be at work? What might that look like?
Space to think	How much time would you have to think and reflect? How would you use this time?
Personal pursuits	How much time would you like to have to pursue interests outside of your career? What would you like to create in this arena?
Life purpose	Imagine your life has a unique purpose, fulfilled through what you do, your interrelationships, and the way you live. Describe that purpose as another reflection of your aspirations.
What other aspects do you consider important?	

^[1] Adapted from [The 5th Discipline Fieldbook](#) and Thirdpath Institute work.