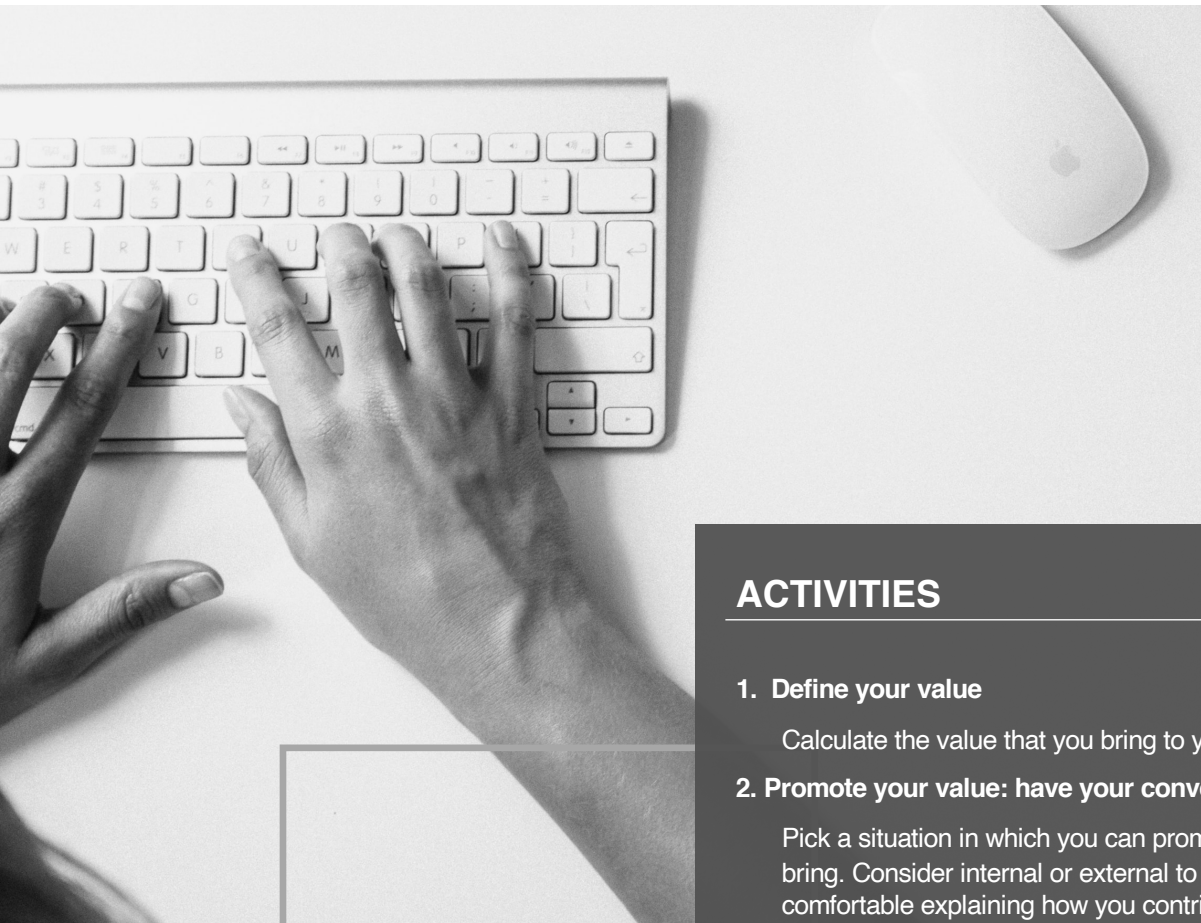


# Intersession Work: Between Sessions 2 and 3



Please complete the following before the next session. Note these in your journal. Email [ank@orangegroveconsulting.com](mailto:ank@orangegroveconsulting.com) with any questions or concerns. This will take you around 4–6 hours. Feel free to use more time if you would like to detail it even further.



**RMR Women in  
Leadership Program**

## ACTIVITIES

### 1. Define your value

Calculate the value that you bring to your organization.

### 2. Promote your value: have your conversation

Pick a situation in which you can promote the value that you bring. Consider internal or external to RMR. Start to get comfortable explaining how you contribute. Notice what's challenging for you and explore the underlying assumption. Reframe

### 3. Self-promotion action planning (worksheet)

### 4. Reflect on what you've learned and practiced

Note your feelings, challenges and successes

### 5. Meet with your accountability partner

How are your changes coming along?

Where are you struggling?

Where are you succeeding?