

Intersession Work: Between Sessions 3 and 4



Please complete the following before the next session. Note these in your journal. This will take you around 4–6 hours. Feel free to use more time if you would like to detail it even further.

Email ank@orangegroveconsulting.com with any questions or concerns.



**RMR Women in
Leadership Program**

ACTIVITIES

1. **Negotiation action planning (see worksheet in handout)**
2. **Prepare to negotiate**
Consider your needs and theirs
3. **Negotiate: have the conversation(s)**
Practice drawing boundaries and negotiation. Apply Direct Speak. Notice what's challenging for you and explore the underlying assumption. Reframe
4. **Reflect on what you've learned and practiced**
Note your feelings, challenges and successes. Did you have to compromise on your goal? Why? Were you adequately prepared for the discussion? How effectively did you manage your emotions/pushback?
5. **Meet with your accountability partner**
How are your changes coming along? Where are you struggling? Where are you succeeding?