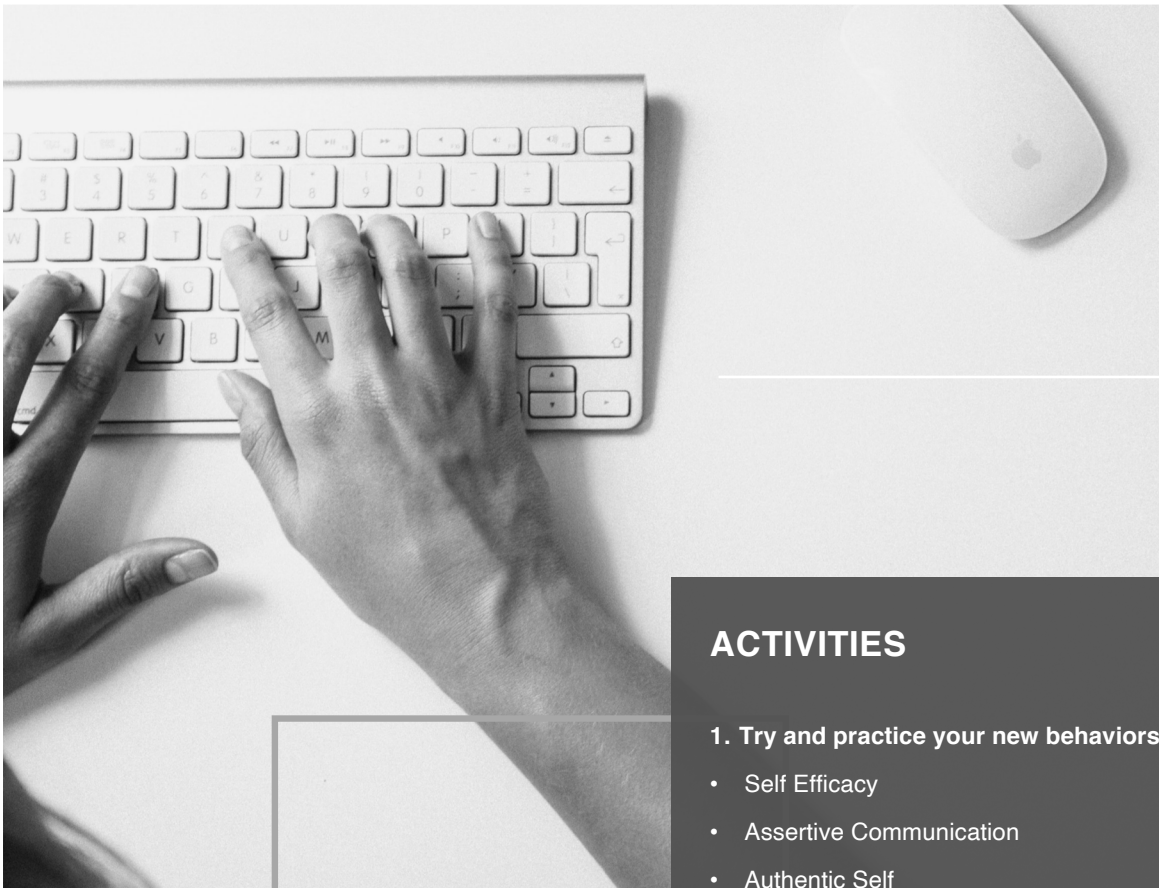


Intersession Work: Between Sessions 4 and 5



Please complete the following before the next session. Note these in your journal. Email 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. Try and practice your new behaviors from the session

- Self Efficacy
- Assertive Communication
- Authentic Self

2. Meet with your manager. Discuss with them

- What growth and changes have you observed in me since I started this program?
- What impact is it having?

3. Reflect and journal on your insights, takeaways, and integrations

4. Meet with your accountability partner

Discuss your accountability questions

Discuss progress and how to overcome challenges