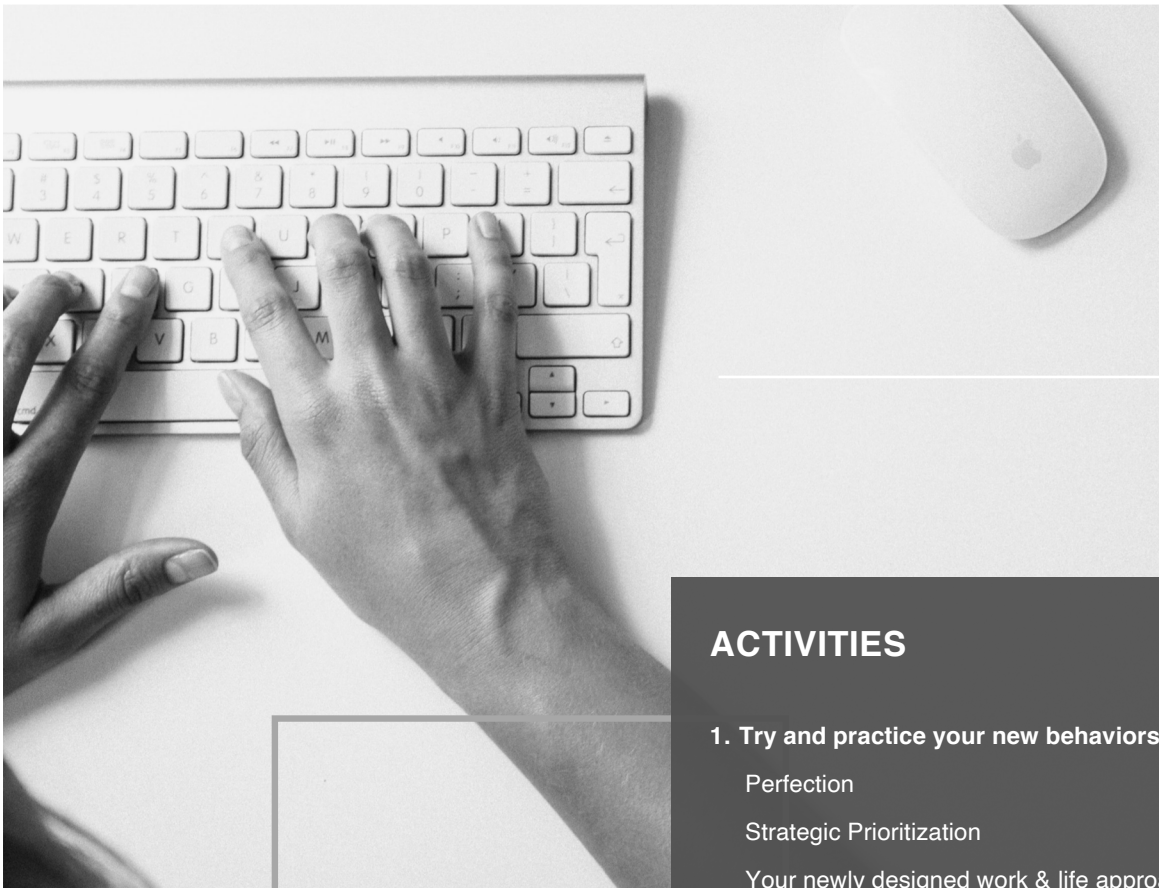


Intersession Work: Between Sessions 5 and 6



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 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

Perfection

Strategic Prioritization

Your newly designed work & life approach

2. Practice being “good enough” (try it more than once)

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

4. Meet with your accountability partner

Discuss the experience of implementing these new tools

Continue to work on negotiating expectations

Discuss progress and how to overcome challenges