

A Letter to Self

Now you have completed the Advanced Women Leadership Program, write a letter to yourself to celebrate your accomplishments and remind yourself about the awareness and key insights you gained, how you changed your attitude and behavior and the commitments you made.

Email your letter as an attachment to Emily O'Neill EONEILL@rmrgroup.com, who will send it to you, three months from now.

Dear .. ,

It has been three months since you completed the RMR Advanced Women Leadership Program. What a wonderful experience that was!

To support your ongoing growth and to keep you on track I would like to remind you of (your awareness and key insights) ...

I am so proud of (your change in attitude and behavior) ...

And how are you doing with (your commitment) ...

To continue your journey of growth don't forget (words of wisdom and encouragement)...

Keep up the good work!