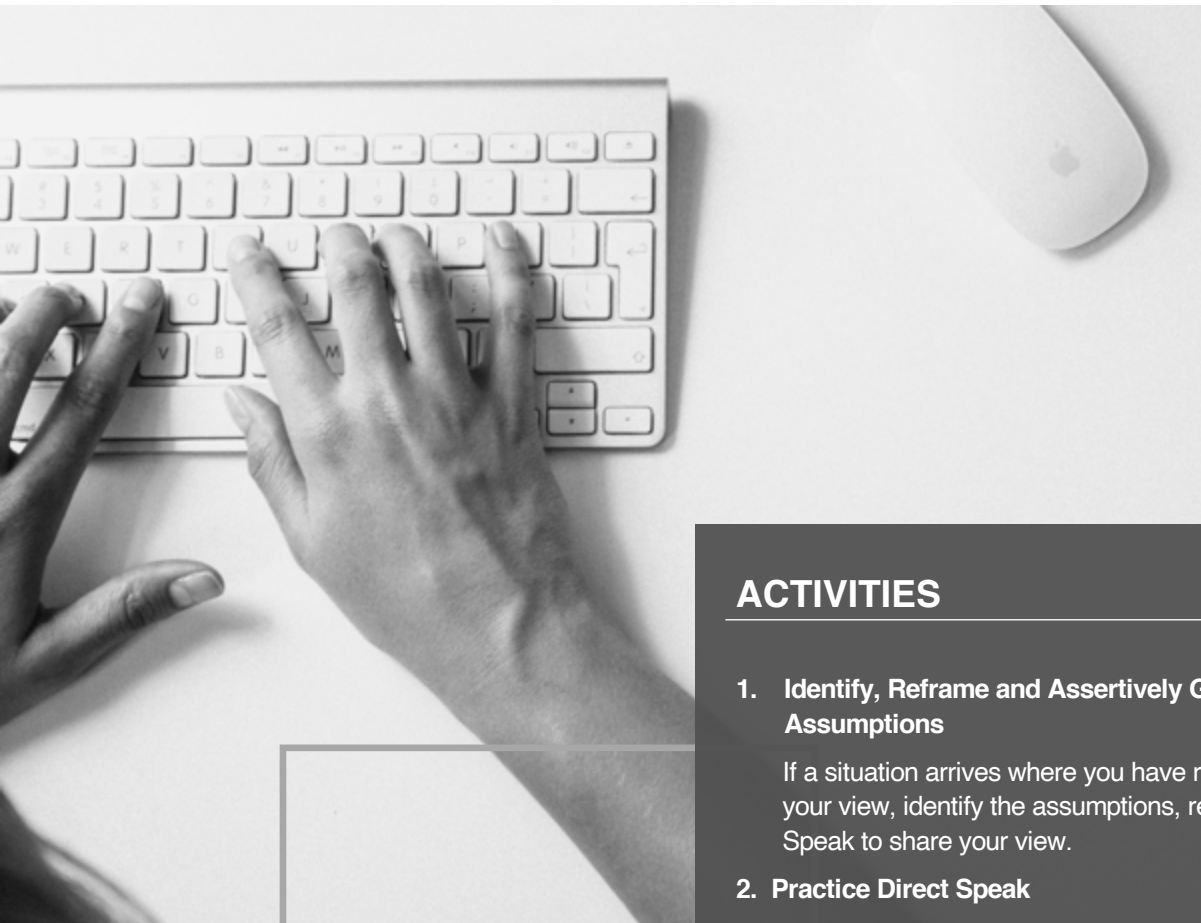


Inter-session Work: Between Sessions 3 and 4

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.



**MGH Women in
Leadership Program**

ACTIVITIES

1. Identify, Reframe and Assertively Give Feedback on Assumptions

If a situation arrives where you have resistance in promoting your view, identify the assumptions, reframe and use Direct Speak to share your view.

2. Practice Direct Speak

Find every-day situations to practice Direct Speak

3. Promote your value

Pick a situation in which you can promote the value that you bring. Consider internal or external to MGH. Start to get comfortable explaining how you contribute. 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

5. Meet with your accountability partner

How are your changes and leadership vision coming along?