**Intersession Work: between sessions 2 and 3**

Please complete the following before the next session. Note these in your journal. We will get partners in the next session. Email me with any questions or concerns [jodi@orangegroveconsulting.com](mailto:jodi@orangegroveconsulting.com). This will take you around 4 – 6 hours. Feel free to use more time if you would like to detail it even further.

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| **Area** | **Tasks** |
| 1. **Internal Bias** | * Observe yourself in action. What biases appear? What assumptions are you making? How might you reframe them? * Complete the tasks you identified in your planning. What do you notice? * Check in with your accountability partner and share your progress. |
| 1. **External Bias and pushback** | Explore the process and see what external and internal resistance arises. How can you deal with it?   * Notice external biases at work and try the reframes. * How are you reacting emotionally? What can help you manage or reinforce this? * Practice direct speak. * Prepare for pushback when you speak up. What happens? * Explore how you can help other women and engage men. |
| **3. Goal** | * Continue to work on your overarching development goal * What are you noticing? |