**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. 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.
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| 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.
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| **3. Goal** | * Continue to work on your overarching development goal
* What are you noticing?
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