

UNDP/RBAS Mentoring Program
Priorities and Choices: Orchestrating your Life
Session #4

Individual Call to Action:

- **Continue to work on your IDP adding the insights from session 4**
- **Share with your mentors and peer teams your insights from the sessions and suggest ways they can support you**
- **Try the daily practices and notice the impact on your energy and time**
- **Identify one action you can take to support your well-being over the next 30 days**

Peer Team Call to Action:

- Coach each other on commitments vs. obligations using the Reframe, Rework, Release framework
- Discuss one thing your team could do to support each other and optimize team dynamics
- Prepare for the next session "*Communicating with Impact, Confidence and Credibility*" scheduled for **May 28, 2020**