

Welcome Back!

UNDP/RBAS Mentoring Programme for Women

Session 4: Orchestrating Your Life

April 21, 2020



The Organization for Mentoring Education & Networking
Developing Leaders Who Deliver Results



Focus for TODAY

- How do you align your values and priorities with your actions in a way that serves your WHOLE life?
- How do we navigate this time of discontinuity, disruption, and ambiguity without feeling out of control?
- How do we plan for the future when so much is unknown?
- How do we create commitments that give our life and work purpose while managing the obligations that too often deplete us?
- How do we create our days to optimize our energy, time, happiness, and well-being?



Agenda

- Reflections from the last session
- Share your insights from the Values Exercise
- Letting go without Losing Control
- Commitments vs. Obligations
- Tool: Daily Practices
- Team meetings/coaching with Carey

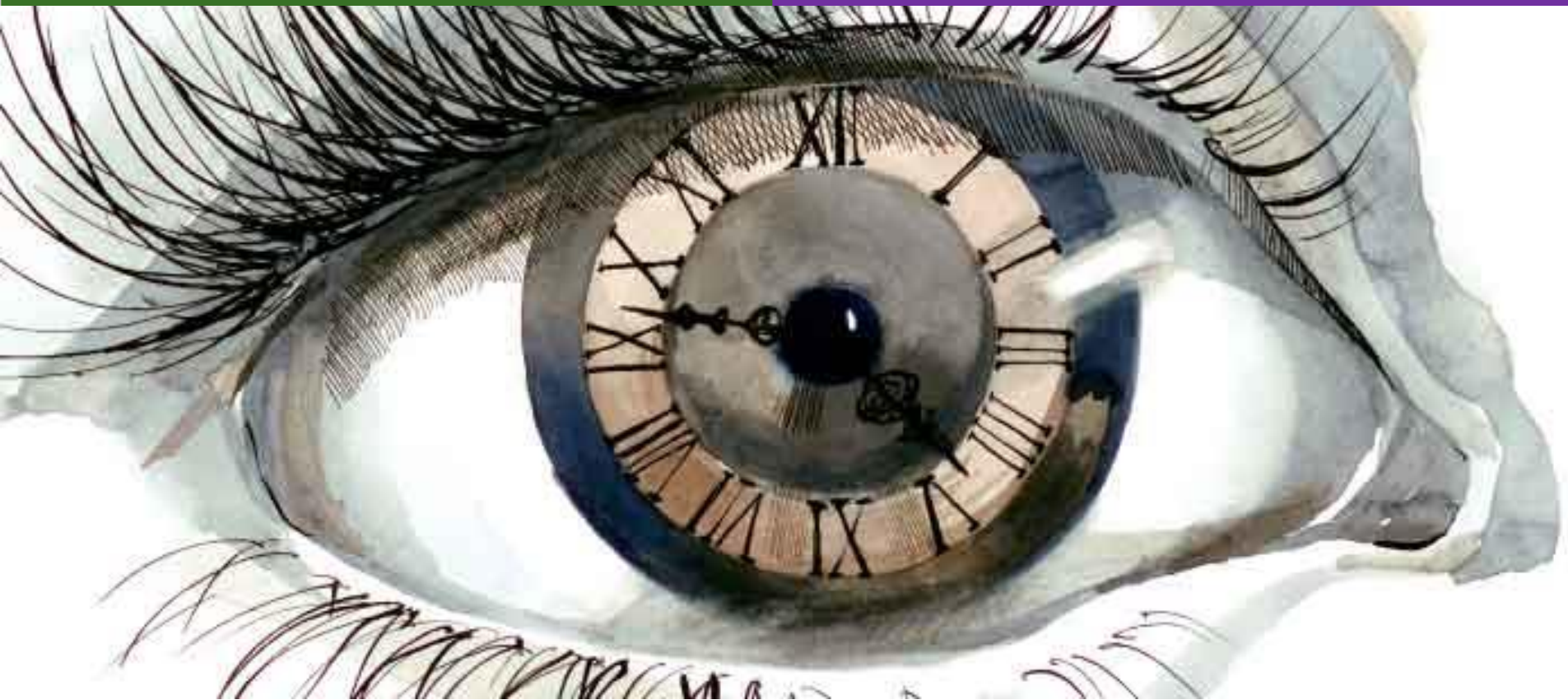


Mindset Shift: Be the Conductor of Your Life



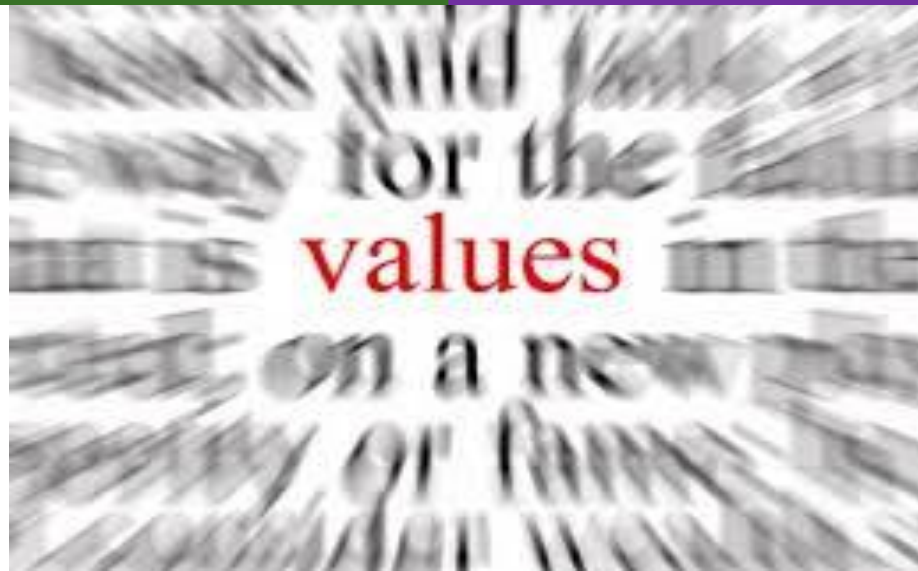
Values

Articulating our values creates clarity about where we want to spend our time and focus.



What do you VALUE?

What did you discover in the values exercise?



What limits you?

What do you need to Let Go Of?

Fear
Assumptions
Control



Commitments vs. Obligations



TOOLS:



REFRAME, REWORK, RELEASE



TOOLS: DAILY PRACTICES

- Write three things to brag about, three things you are grateful for, and three things you desire. Share with your peer team.
- Articulate your “six big rocks” for the day.



Team Coaching

- How can you use your team to get support for creating your work and life intentionally?
- How can your team leverage your mentors?
- What is one action we could take right now to optimize our team dynamic?



Action Assignment



1. Meet with your peer team. Share your values. Coach each other on commitments vs. obligations using the Reframe, Rework, Release model.
2. Modify your IDP to incorporate goals for well-being.



Break out Room for Group Discussion and Coaching

10:10 am-11:30 am EST / 5:10 -6:30 pm EET - Peer Teams meet for team coaching with Carey (10 minutes each). Each peer team will be put into a breakout out room and Carey will visit each breakout room for coaching.

Team 1 at 5:10 pm EET / 10:10 am EST

Team 7 at 5:20 pm EET / 10:20 am EST

Team 2 at 5:30 pm EET / 10:30 am EST

Team 6 at 5:40 pm EET / 10:40 am EST

Team 3 at 5:50 pm EET / 10:50 am EST

Team 5 at 6:00 pm EET / 11:00 am EST

Team 4 at 6:10 pm EET / 11:10 am EST



What is the most important thing you will do in the next 30 days for your well-being?



Thank you!

WOMEN Unlimited, Inc. is a world-renowned organization focusing on developing women leaders in major corporations. Because of its ability to pinpoint, develop & retain diverse high-potential leadership talent, **WOMEN Unlimited, Inc.** is the "go to" development partner for over 160 leading organizations.



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