

COACHING GUIDE MODULE 7

LESSON 4: ACTION PLAN & NEXT STEPS

Now that you have a clearer idea of the 10 most common mistakes women make and what to do about them, practicing shifting your behavior in the areas that most challenge you, is your next step.

As we have said, we, as women, are not aware of the behaviors that minimize us and often diminish our impact as they are so often ones that are ingrained and conditioned in us. Of course, not every woman does all of these mistakes but knowing what these are and how to avoid them will help you be perceived as more promotable and valuable as well as raise your self-confidence. I hope that this Module helped you understand the many land minds and which ones are yours to work on. Now it's time to translate what you have learned into your day-to-day life with an action plan that is uniquely yours.

No matter how much experience we have, there is always more to do to grow and develop ourselves. Having an action plan with accountability to yourself and others, will help you develop yourself to the next level of your own plan.

Use a notebook or journal to complete the answers below. Reflect back on Lessons 1-3 in this Module to give you additional ideas and insights.

EXERCISE: ACTION PLAN

1. List 3 actions you will take in the next 30 days. Be as specific as you can and make sure you put in a 'by when' date for each action.
2. List 1 or 2 key practices that will support you in taking the actions above. A practice is something you may not be good at yet but need in order to get to where you want.
3. List specifically who in your network of support will you ask to help you keep your commitments to your action plan. Identify at least 3 people.

FOLLOW UP

If you want more help moving yourself forward faster, reach out to me at Wendy Capland, wcapland@visionquestconsulting.com to schedule a one hour 1:1 Coaching Session. Investment-\$500.