



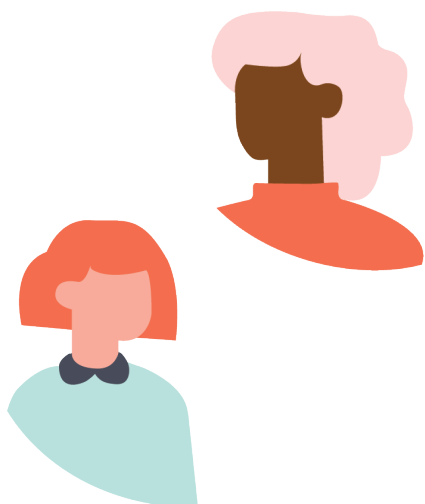
RALLY

Session One Guide

60 Minutes

Session Goal

Get to know each other! Share your professional and family background stories. Dig into career paths and chat about next steps. Discuss the priorities of your match by setting tangible goals to work toward over the next three months. Feeling alone in a job search journey is universal -- make great use of your match by keeping the connection open, empathetic and useful.



Step 1:

Say Hello! 20 min

It's time for introductions! Tell stories about your career and family. Share what makes you most excited about the opportunity to connect. Some thought starters:

- Why did you join RALLY?
- Tell me about your family.
- Describe your work history.
- What do you like to do for fun?

Step 2:

Get Clear On The Details 20 min

If you're in need of a boost: talk about where you are today and what motivated you to join RALLY. What expertise, skills, resources would you benefit from?

If you're giving a boost: share what skills, resources, experiences you bring to the table. Some food for thought:

- Where are you in your job search journey?
- Why are you looking for a new role?
- How did you get into your current role?
- What can I help you with most?
- What's currently your biggest hurdle to landing a new job?
- What's your favorite work experience so far?
- What's your professional (and personal!) superpower?
- Describe your dream work situation.

Step 3:



Be A Goal-Getter 20 min

It's time to get aligned. Three months can pass quickly, so set your sights on success and decide what that looks like. Some great goals would be: revamp your resume, apply to 15 jobs, land 3 (or more) interviews. Outline them based on what you think is possible (but feel free to crush them!). And make sure goals are:

- **Specific.** Quantify with numbers, dates and other info that makes it easy to spot achievements and specific outcomes.
- **Attainable.** You know what that means to you. Setting realistic goals is a great way to pave the path to success.
- **Time-Bound.** You've got three months, but feel free to set other markers for various goals within that frame.

Tip: Discuss any "homework" you have to complete before your next meeting. What are you bringing to the following session?

Notes:

Looking Ahead

Schedule your next meeting for about a month from now. And remember with RALLY, more is more! Keep in touch via email and/or text until your next official session. It's always nice to know there's someone thinking of and rooting for you along the way!

Questions? Email rally@themomproject.com.