



RALLY

Session Two Guide

60 Minutes

Step 1:

Boostee

- What steps forward have you taken since Session One?
- What insights have you gained?
- Have you run into challenges?
- What process / organization has worked well?

- What's your top recommendation for maximizing RALLY goal success?
- Any personal/professional experiences you can share that relate to the goal?

Notes:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and a small shadow on the right side, suggesting it's resting on a surface.

Step 2:

Get To Work 45 min

RALLY

To maximize your time, try breaking today's meeting down into a few dedicated work sessions. For example:

- **Just do it.** Start the resume review, the mock interview, or whatever else you have planned (even if it's just an in-depth Q&A with each other!).
- **Talk it out.** After you wrap up your main activity, chat about how it went. Do you feel like you're making progress toward goals and moving forward? Were any additional key needs or action items identified?
- **Make a plan.** Discuss how to tackle any new needs that were uncovered and the work that needs to be done between now and Session Three. And make sure to align on who's responsible for what.

Step 3:

Wrap It Up 5 min

End today's meeting with open time to discuss anything else you might need between now and Session Three. The more you both see eye-to-eye about next steps, the better!

Looking Ahead

Grab your calendars and schedule a meeting in about a month. As always with RALLY, more is more! Connect via email and/or text as needed until your third and final session. Knowing someone's championing you is a great motivator!

Questions? Email rally@themomproject.com.