



# RALLY

## *Session Three Guide*

60 Minutes

## Session Goal

It's your last official meeting! Swap feedback and homework from Session two, then chat about your progress to RALLY goals and tie up loose ends. If you're giving a boost, now's the time to share at least 2 professional connections with your match. If you hit it off, plan to stay in touch -- then go ahead and wind down!



Step 1:

## Recap & Regroup 10 min

Discuss what you've accomplished over the last sessions and how you feel about your progress.

- What strides have you taken?
- What tangible outcomes are you most excited about
- What challenges do you still have?
- What's your proudest moment since Session One?

## Notes:

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Step 2:

## *Show Your Stuff* 20 min

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Now's the time to share any homework, questions or insights discussed at the end of Session Two. Walk through anything outstanding and workshop a plan for ongoing success and achievement.

- How will you keep pushing to achieve your goal?
- What additional steps can you take on your own?
- What will you deem a professional "success" 12 months from now?



Step 3:

## *Network It* 20 min

Building networks is a great way to boost your career path, and RALLY is anchored in the momentum created by those relationships. If you're giving a boost, share more about the 2 professional connections you're making. Some things to think through:

- Who are the individuals?
- How will the connections be helpful?
- How will introductions be made (email, etc.)?

Step 4:

## *Bye For Now* 10 min

It's been real, RALLY! If you're staying connected, align on a plan to do just that. Then share thanks and goodbyes. And remember: there's no set time or way to support or be supported in the job search journey. Congrats -- you did it!

**Questions? Email [rally@themomproject.com](mailto:rally@themomproject.com).**