Find Your Voice: Buddy Guidance
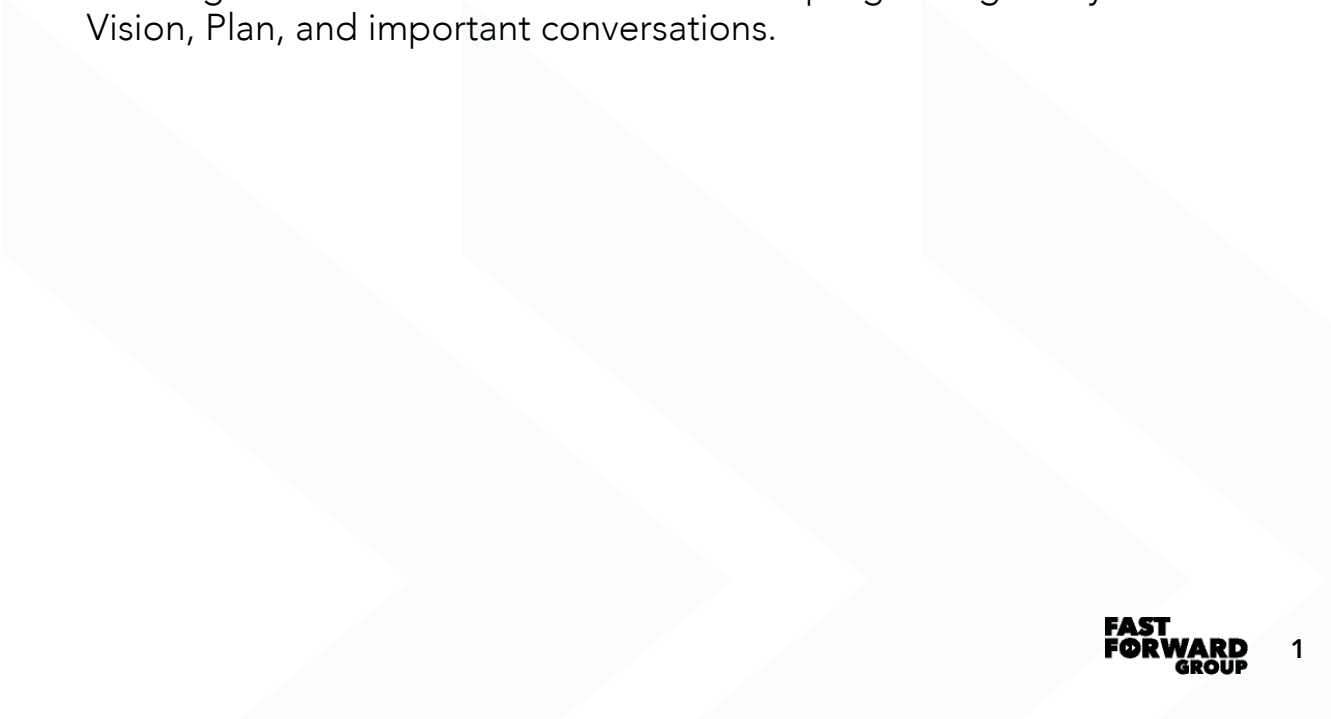
How to schedule this time:

› Plan one Buddy meeting per week over the next three weeks to be held accountable and check in on your Buddy's progress.

› If you cannot meet in the above cadence, schedule these meetings to happen within 60 days of program completion.

How to use this time:

› Use the pages below to guide your first three Buddy meetings.

Once meetings are complete:

› Share how you would like your Buddy to continue holding you accountable now that the program is over.

› Buddy relationships are ongoing — continue meeting beyond the program! Arrange your next Buddy meeting within 2-3 weeks of meeting three. Use this time to check in on progress against your Vision, Plan, and important conversations.

1 Meeting One: Take a Stand & Conversation Planner

Share the outline you wrote for your Take a Stand Conversation Planner. Practice having this conversation out loud. What feedback does/do your buddy(ies) have?

By when will you have the conversations you wrote about in the Conversation Planner?

Use this space to take notes on your buddy(ies) Conversation Planner(s).

REMINDER
You get in life what you have the courage to ask for.
- Oprah Winfrey

2 Meeting Two: Merchandise Yourselves

Share the outline for your Merchandise Yourself Conversation Planner. Practice out loud! What feedback does/do your buddy(ies) have?

Brainstorm: Who could be on your board of advisors?

Brainstorm: Does/do your buddy(ies) see any strengths you may have overlooked?

Use this space to take notes on your buddy(ies) Conversation Planner(s).

3 Meeting Three: Reflecting on Your Conversations

Share how it went to have your Take a Stand conversation. What went well, and how could it be improved?

Share how it went to have your Merchandise Yourself conversation. What went well, and how could it be improved?

Do you have another conversation you'd like feedback on? Practice that now.

Take some time to plan your next meeting and discuss how you'd like to be held accountable after the program's end.