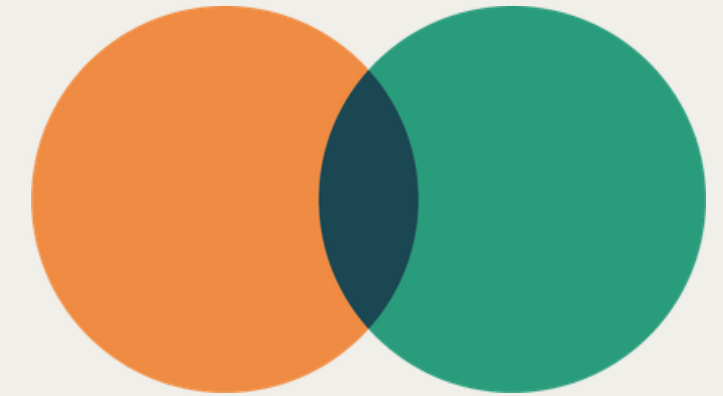


BREAK-OUT



SESSION 1

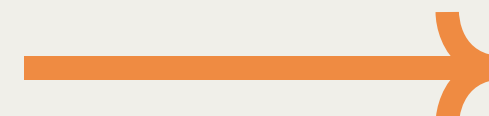
WHY IS IT MEANINGFUL FOR YOU TO SECURE A SEAT AT THE TABLE?
WHAT STAGE OF CAREER DEVELOPMENT DO YOU IDENTIFY WITH?

SESSION 2

HOW ARE YOU WORKING ON YOUR PERSONAL BRAND?
DOES IT EQUALLY REPRESENT “TAKE CARE” AND “TAKE CHARGE” QUALITIES?

SESSION 3

ARE YOU NOTICING WHEN YOUR INNER CRITIC POPS UP?
WHAT ARE YOU DOING TO QUIET DOWN THE NEGATIVE SELF-TALK?



8 MINUTES

Four minutes per person, then switch.