

Handout 10.2

MY COMMITMENTS

I can honestly say that I was never affected by the question of the success of an undertaking.

If I felt it was the right thing to do, I was for it regardless of the possible outcome.

GOLDA MEIR

Today's Date _____



Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Session Accelerator 11.1

WOMEN CONNECTED ACKNOWLEDGMENTS AND 20 DREAMS IN MOTION

Our last session is all about happiness. It will be a time to celebrate each and every one of us, our accomplishments, our growth, our courage. Celebrating Us! is the culmination of 11 Women Connected coaching sessions, and a time to raise our glasses and toast one another on behalf of our future endeavors.

The first Session Accelerator consists of writing two acknowledgments for each woman in your Women Connected coaching group. Use a 3 x 3 inch piece of paper for each acknowledgment. Post-Its work well. These acknowledgments will be shared during the Celebrating Us! session, and then given to each woman. Be specific in your acknowledgments. State how this individual contributed to the success of Women Connected, remark on the quality of support she has given to you and others, and tell what makes her special in this world.

The second Session Accelerator—20 Dreams in Motion—will be presented during Check-In. As you review your dreams, place a star next to the ones you have fulfilled. Use a circle to designate dreams that are not yet completed, but have begun in some form. This signifies that they are in progress!

MATERIALS TO BRING

Camera for group photo, something in which to put the acknowledgments you receive. Suggestions: personal journal, poster board, special book, or a 4x16 inch ribbon to attach the acknowledgments to.