



# The Wrap Up

"Sometimes you have to look back in order to understand the things that lie ahead"

- Yvonne Woon

As this program year comes to a close, what lies ahead is up to you! Spend some time this month or next to do the following:

## 1. Reflect On Your Goals

- Look back at the goals you wrote down at the beginning of the program.
- How have you progressed?
- Do you feel aligned to your values?
- Do any need to be re-evaluated?
- How will you continue to track your progress going forward?

## 2. Celebrate Successes!

- Congratulate yourself on the big and the small!
- Discuss positive changes that occurred for both of you.
- How are you going to apply and integrate what you have learned through the program?

## 3. Redefine The Relationship

- Sometimes mentoring relationships fulfill a defined purpose and you move on. Other times they informally go on long term. Have a conversation about what's next for you and your mentor/mentee.
  - Will you continue checking in? Or maybe you decide to touch base for big life moments.