



DEFINING YOUR NEXT ERA

Tameka McNair



IGNITE YOUR INSPIRATION

**You are the energy that powers change.
Let today's breakthroughs, stories, and
connections fuel you beyond these walls.**

DEFINING YOUR NEXT ERA REQUIRES:

- INTENTIONALITY
- ACTION
- COMMITMENT
- ACCOUNTABILITY

INTENTIONALITY: SET YOUR INTENTIONS

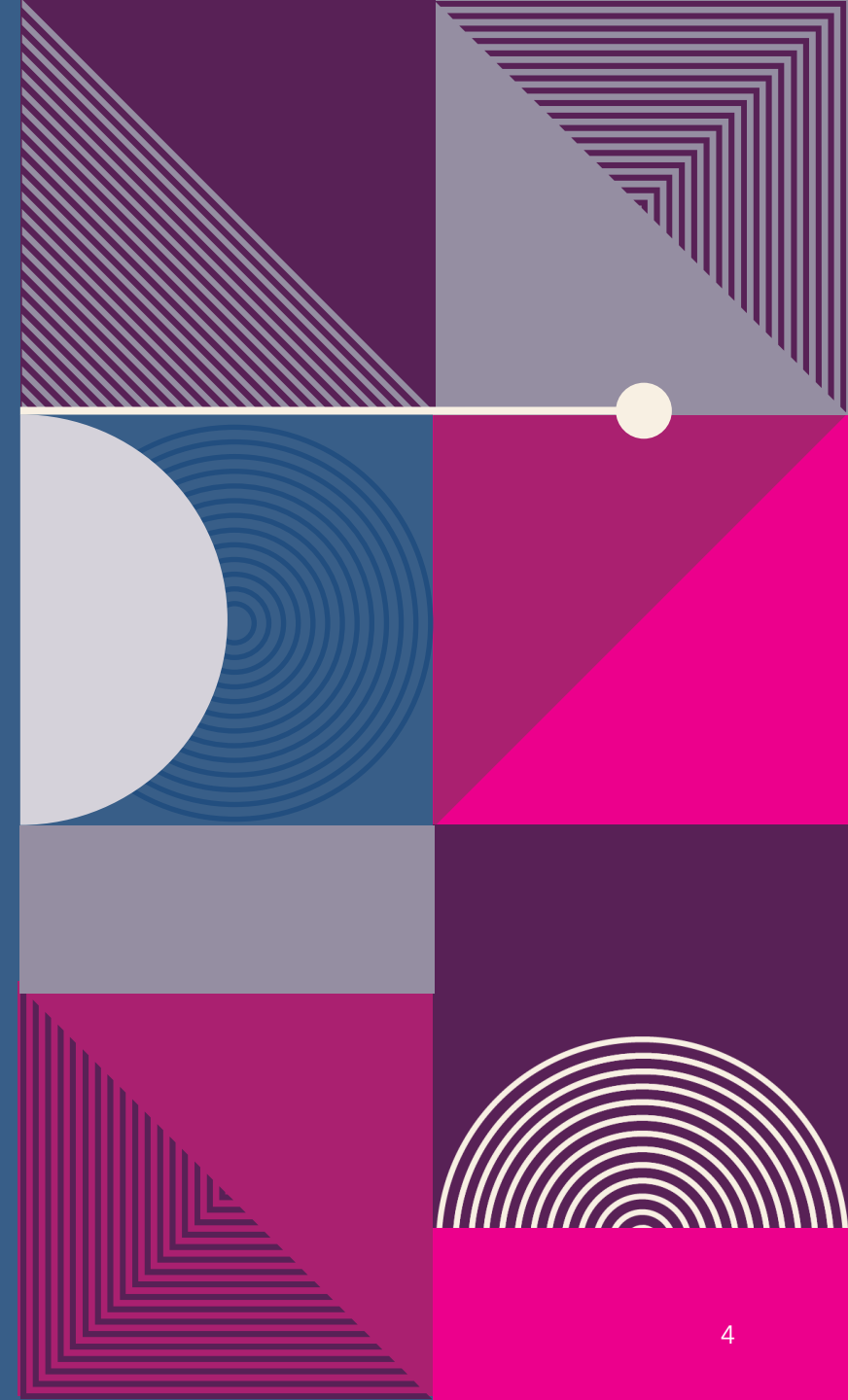
Transformation starts with a clear goal.

What do you want to accomplish in your leadership, career, or personal journey?

Jot down 1-2 goals inspired by the event.

Examples:

- Grow my network
- Tackle that new project
- Ask for mentorship





ACTION: MAP YOUR QUICK PLAN

A dream becomes real through action.

Outline simple, concrete steps for each goal: What's your first move? Who can help? What resources will you need?

Action Table:

	Goal	First Step	Support Needed	Timeline
1	Grow my network	Reach out to 2 contacts	LinkedIn, peer support	Next 2 weeks
2	Find a new job	Identify what types of roles you're interested in exploring	Resume update, interview prep, identifying companies to explore	By January 31



COMMITMENT: MAKE REFLECTION ROUTINE

Growth is ongoing.

Find 10 minutes a week to ask: “Where am I now?”


“How am I feeling?” “What will I adjust?”

“What areas need more attention from me right now?”

Activation: At the start/end of each week, journal your progress, wins, and challenges.



ACCOUNTABILITY: RESULTS COME FROM COMMITMENT

1. Identify 1-2 people who you met during today's conference that you want to build a relationship with.
 2. Share your goals with them.
 3. Set a date to check in and celebrate progress—or course-correct together.
 4. Once you've met your goals, take some time to reflect on things that you learned about yourself and/or ah-hah moments.
 5. Find someone in your network struggling to meet their goals, become their accountability partner and help them reach their goals.
- 

MY NEXT ERA

Goal: Become a CEO of a Fortune 50 Company

Actions: Laying the foundation (12-24 months)

- Decide my top 1-3 industries that I want to lead in
- Create a future Vision Memo for these Industries
- Identify 1-3 companies I would want to lead
- Build my communities of allies

Commitment: Spend 10 minutes per week reflecting on progress towards my goals.

Accountability: Meet with 1-2 of my mentors monthly to review my plan and make modifications as need be.



CLOSING CHARGE

BE BOLD.

BE CONSISTENT.

BE THE SPARK OTHERS ARE WAITING FOR.

**WHAT YOU LEARNED HERE IS THE
CATALYST FOR LASTING CHANGE—LET'S
GO LIGHT UP THE WORLD!**

THANK YOU

Tameka C. McNair

- **LinkedIn:** www.linkedin.com/in/tameka-mcnair
- **Website:** www.TamekaMcNair.com
- **Book:** [Conquering Uncertainty](#)

