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A BOARD IN SESSION GUIDE

# Taking Your Seat

How to show up as your best self at any Board in Session table, whether it is your first roundtable or your fiftieth boardroom.

## **1** *Arrive knowing your gives and your gets.*

The most valuable people at any table arrive generous and intentional. Before you walk in, take ten minutes to name what you bring (an introduction you can make, an expertise you hold, a lesson you paid for the hard way) and what you are seeking (a perspective, a connection, a candid push). When you know your gives and your gets, every conversation has somewhere to go. Use the worksheet on the next page.

## **2** *No impostor syndrome at this table.*

You were not invited by accident. If you made it into this room, you already have something to say and you are already sitting with the right people, people who want to hear it. Every seat at our tables carries equal weight. Speak early, ask the question everyone else is thinking, and trust that your experience is exactly the perspective someone else came here to find.

## **3** *Connect after. Keep the conversation going.*

The table is where it starts, not where it ends. Within 48 hours, follow up with the two or three people whose words stayed with you. Reference the moment, deliver anything you offered, and suggest a next step. A board of directors is built one kept promise at a time.

## **4** *Grow your board between sessions.*

The room does not close when the session ends. Join the Board in Session community on LinkedIn to stay connected between tables, share your wins so we can amplify them, and be first to hear when the next session opens. Your board grows every time you show up.

WORKSHEET

# Your Gives and Your Gets

Complete this before your next session. Bring it with you, or better, bring it memorized.

***Three things I can give.***

An introduction, an expertise, a hard-won lesson.

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***Three things I came to get.***

A perspective, a connection, a candid push.

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***The question I will bring to the table.***

The one you would ask if no one was judging. They are not.

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***My 48-hour follow-up.***

Who will you write to after the session, and what will you offer or ask?

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