



## Module Three Assignment Checklist

- Review the narrated PowerPoint about the InsideOut Coaching Model™. Please be patient while it loads.
- Review the [Powerful InsideOut Coaching Questions](#) eBook.
- Review Module 2B about how to set up practice sessions, watch the video and listen to the debrief.
- Complete one recorded practice session with you as the coach and debrief your session. Either send the recording to the Academy of Choice or if you used our teleconference line, let [denise@academyofchoice.com](mailto:denise@academyofchoice.com) know your recording is complete and she will forward it to the coaches for review.
- Review Module 3C about value-laden skills practice, watch the video and the debrief.
- Complete your own recorded value-laden skills practice and debrief it. Either send your recording to the Academy of Choice or if you used our teleconference line, let [denise@academyofchoice.com](mailto:denise@academyofchoice.com) know your recording is complete and she will forward it to the coaches for review.
- Review the narrated PowerPoint on Identification of Resources. Send an email to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com) with any resources you think are not mentioned on the list.
- Complete assignments 1 and 2 of Module 3D.
- Review the narrated PowerPoint on Assessing Client Motivation.

- Review the PDF on Academy of Choice's Decision-Making Process.
- Using Scenario #13 from the "Scenarios for Skills Practice" handout, be the coach for a person role playing that client from scenario #13. Take notes during your session about the decision the client made while going through the process and email your notes to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com).
- Complete the questions on the Reflection/Review of Module 3G and email your answers to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com).
- Review the narrated PowerPoint on Self-Sabotage.
- Complete the questions on the three slides and email your answers to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com).
- Review the PDF on Gratitude.
- Set up a skills practice session using Scenario #14 on the "Scenarios for Skills Practice" handout. Have your client complete the "Perception Worksheet" with your expert coaching and guidance helping the process. Send that worksheet to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com).