



Practice Sessions

1. In this section, you will be producing six coaching session recordings with you as the coach, designed to take a total of two (2) hours. Each practice session will last 15 minutes, with 5 minutes for debriefing. You do not have to start each session at the beginning. In fact, if you want to demonstrate how to create a plan, you may start there. You may start with the client's self-evaluation or anywhere you choose. Just state in your recording a brief statement regarding what transpired up until the point you start.
2. Depending on your focus, you may do two life coaching clients and four business coaching clients, four life clients and two business clients, or three of each. At least one of each should be a first session with all the accompanying paperwork completed, using the forms you created in Module 6A.
3. Schedule your sessions using the instructions from Module [3B – Skills Practice: Powerful InsideOut Coaching Questions](#).
4. You may create your own scenarios or use the ones from the [Scenarios for Skills Practice](#) handout.
5. When finished send an email to Denise@academyofchoice.com telling her you have a recording ready and she will forward it to our coaches. You will receive feedback within five (5) business days.
6. Forward your first session coaching paperwork to: assignments@academyofchoice.com for two of your practice sessions and identify with which recording they correspond.