

Assessment



This assessment forms part of the certification pathway for students choosing to graduate. For questions please reach out to support@jennaward.co

Your assessment for the module two coaching stream is to **practice each of the four processes covered within this module, with a partner, at least once**, over a minimum of two (2) practice sessions.

Processes covered within this module:

1. Embodied Goal Setting
2. Liberate SFWEI
3. Primal Resistance Pattern Map
4. Limiting Beliefs & Payoff Process

It is acceptable for more than one process to be used within each practice sessions. For example, you might use *embodied goals* and *liberation together* during one session, then *primal resistance patterns* and *limiting beliefs* in a second practice session. Alternatively, you might practice each tool individually over four practice sessions. These combinations are all suitable demonstrations.

Notes on assessment:

- You are welcome to practice with a peer, a friend, family member or other person. Your practice partner can be the same person for all practices, or you can practice with different partners.
- We will be undertaking some of these practices during the practice pod calls and within peer to peer practices - these are all valid practices for assessment.
- These practices do not need to be complete before moving onto the next module, it's fine for them to happen over time.

Submitting your Assessment

- You can submit evidence of your practice sessions by completing the *practice session reflections template* (copy below) for each practice session

- Your reflections can include what worked well, what you felt, the outcome for your client, or any other notes or insights about the experience.
- Reflections should include a minimum 500-word reflection

Practice Session Reflections Template Example

Date: 1 Jan

Process (or processes) used: Embodied Goal Setting & Liberation

Reflections: I practiced with a friend who has been having some relationship issues. We started with the embodied goal setting and mapped out all four quadrants of the graph. The future/action section was unclear and this was causing her a lot of confusion (current/feeling) so I took this thread of tension and we did a few cycles of the Liberate SFWEI process which was upsetting, but relieving for her – she didn't have any more 'clarity' on what to do in the relationship but felt "lighter" (her words) by the end. I was really unsure of which questions to ask and if I was doing it 'right', and I also felt pressure to get a certain 'outcome' or 'clarity' for her, but for my first practice with a 'real human' this seemed to go really well!

Submit your assessment via the members area or email your submissions to support@jennaward.co

Please note:

- Maximum upload size: 30MB
- Accepted file formats include: .pdf, .docx, .pages, .txt, or .jpg
- Name your file <M2CS_yourname>. Example: M2CS_JennaWard.pdf