Assessment

> This assessment forms part of the certification competency assessment

By the end of this program we would like you to practice every process/tool with a partner at least once. Within this module, module four, we have covered the following coaching tools and processes:

1. Liberation Spiral

2. Pleasure Roles

3. Homework: Foundation Practices

4. Homework: Embodied Movement Practice

Your assessment for the module four coaching stream, is to provide written evidence of practice with:

• **Either the liberation spiral OR pleasure roles practices
  AND**

• **At least one form of homework (from either foundation practices or embodied movement practices)**

• **Over a minimum of one practice session.**

Notes on assessment:

• You are welcome to practice with a peer, a friend, family member or other person. You 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.

- To submit evidence of your practice please complete and submit one *practice record*, which should include the following

Date:
Process (or processes) used within coaching session:

Reflections:

    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 might take the form of a minimum 500-word reflection and/or a copy of your Client Coaching Sheet from the session

    To submit evidence of your practice please complete the *Practice Record Sheet*. Your reflections can include what worked well, what you felt, the outcome for your client, or any other notes or insights about the experience. Upload your Practice Record Sheet below, or email to support@jennaward.co

- Maximum upload size: 30MB
- Accepted file formats include:.pdf, .docx, .pages, .txt, or .jpg
- Name your file <M4CS_yourname>. *Example*: M4CS_JennaWard.pdf