

# LCS-L3 Role-play Activities to Support the Internal Assessment Process

The following role-play activities can be used to assess skills. This can provide the opportunity for several types of coursework to be included in the portfolio. For example:

<b>Document</b>	<p>You could write a learning and life change journal or self-review following the experience of being any or all of the participants in the life coaching triad and reflect on:</p> <ul style="list-style-type: none"><li>• What did you learn about yourself?</li><li>• How did you feel?</li><li>• What did you discover about this type of interaction?</li><li>• What impact did the feedback have on your perception/understanding of self and others?</li><li>• What goals can you now set yourself?</li></ul>
<b>Tutor observation</b>	Written feedback from your tutor.
<b>Testimony</b>	Feedback from the observer and the client.

## Activity - role play

<b>Triad work:</b>	<p>20 minutes, with 10 minutes feedback time as follows:</p> <p>Observer feedback to trainee life coach – 2 minutes Trainee life coach's self-evaluative comment – 2 minutes Tutor feedback to trainee life coach – 4 minutes Coachee comment – 2 minutes.</p> <p>NB: The time allowed for each life coaching skills practice (triad) session will increase over the course of the training. Initially, 10 minutes will be sufficient. However, as the candidates become more proficient in the use of skills, 15 – 20 minute sessions will be required. Allow 10 minutes feedback time for each life coach.</p>
<b>Three candidates practising skills:</b>	<p>Person A – the trainee life coach Person B – the coachee Person C – the observer</p>

Each person has an opportunity to play all roles – therefore the activity will take at least one and a half hours.

The feedback and self-assessment sheets provided on the following pages can be completed and then filed as coursework in the portfolios.

It is the candidates' responsibility to ensure that they have been observed in roles of trainee life coach and observer by the tutor.

Example scenarios are offered below.

### Scenario examples

#### Example scenario 1

You use life coaching skills & techniques in your role in the HR department of a large company. An employee talks to you about feeling stuck & bored in their current position and overlooked for promotion.

#### Example scenario 2

A woman talks to you about feeling at a loss now her children have left home. She is financially stable but has too much time on her hands and doesn't know what to do next.

#### Example scenario 3

A student comes to see you in your role as college mentor. They had to do an additional year after failing to complete the course work. The deadline is coming up again and the work is still not done. The student just cannot find the motivation to do the work despite being academically able.

#### Example scenario 4

You see a coachee who has put on a lot of weight after taking a sedentary job. They feel unhealthy and unfit and want to change but doesn't know where to start.