



**JOY ~ Journey Options YouChoose™**



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**CLARITY    CONFIDENCE    COMMUNICATION    CONNECTION    COLLABORATION**

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## ✓ **Complete Practice Coaching Sessions**

### **Objective:**

Conduct and document **two full coaching sessions** using the JOY frameworks. These sessions will demonstrate your ability to apply the principles, tools, and strategies of JOY Success Coaching™ in real-time with a client or peer.

### **Instructions:**

#### **1. Plan and Schedule:**

Identify two individuals (peers, colleagues, or volunteer clients) who are open to participating in a practice coaching session.

#### **2. Use JOY Frameworks:**

Apply core JOY frameworks such as:

- **JOY Mindset Alignment**
- **JOY Jewel Techniques** (Awareness, Acknowledgment, Action)
- **S.H.I.N.E. with JOY™** principles
- Any other tools or approaches from your training.

#### **3. Session 1: Foundation & Discovery**

- Duration: 30–60 minutes
- Focus on identifying the coachee's current mindset, goals, and growth opportunities.
- Begin with a JOY Mindset Snapshot or Discovery Quiz if applicable.

#### **4. Session 2: Strategy & Action**

- Duration: 30–60 minutes
- Focus on building a strategy for sustainable JOY based on Session 1 insights.



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- Encourage aligned action, set goals, and explore JOYful next steps.



### Documentation Template (Repeat for Each Session)

**Client Alias/Initials:**

**Date:**

**Session Focus/Goal:**

**JOY Tools Applied:**

**Key Insights:**

**Client Breakthroughs/Reflections:**

**Follow-up or Next Steps:**

**Coach Reflection (your learning):**