



LinkedIn Learning's AI-powered coaching helps you practice difficult workplace conversations and build confidence. Choose a role play scenario and interact via text or voice. After each session, receive feedback and personalized content to close skill gaps. Download and use this worksheet first to maximize your practice.

### STEP 1: PRE-PRACTICE PREPARATION

Before you log into LinkedIn Learning, prepare these elements:

**The context (What issue do you need to address, and with whom? What will be the setting?)**

**Your main points (What do you really want?):**

For yourself?

For the other person?

For the relationship?

For the organization (if applicable)?

Your goal (What outcome do you hope to achieve? What's the most important message you want to get across?):

**Potential reactions (How might they respond?):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**To Access:** Log into LinkedIn Learning > Select "AI Role Play " > Type in your situation or select a suggestion > Practice

### STEP 2: DURING YOUR AI COACHING SESSION

**As you practice in LinkedIn Learning, focus on:**

- Speaking naturally - the AI will respond to your actual words
- Trying different approaches if the first attempt doesn't go well
- Practicing the most challenging responses
- Noting which phrases work well
- Identifying what triggers negative reactions

## Key Sentences to Practice:

### STEP 3: POST-PRACTICE REFLECTION

**After your LinkedIn Learning session, think about:**

What worked well:

What to avoid:

Surprising insights:

Action items before the real conversation:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### TIPS FOR MAXIMUM BENEFIT:

1. Use multiple sessions - Try the same scenario 2-3 times with different approaches
2. Be specific - The AI responds better to detailed contexts
3. Push yourself – Edit the AI Personality to be less open to dialogue
4. Take notes - Document effective phrases during practice or copy and paste the feedback
5. Practice out loud - Speaking helps more than typing

**Remember:** The AI Coaching tool is available 24/7. Practice as many times as you need to build your confidence for your real conversation! **[Follow the How to Access Ai-Powered Coaching Tool guide.](#)**



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