

# Student Coach to CPCC: 10 Tips on Preparing for Your Exam

Joanne LeBlanc, ACC, CPCC

You are nearing the end of your certification journey. You're finishing the rigorous certification program and now your exam day is in sight. You can both see and sense the brilliant light at the end of the tunnel. So now what? Your coursework is nearly over, but if you're like most, you still have some loose ends you'd love to tie up. Here are some suggestions:

1. Review the *Contexts* and *Cornerstones* of the Co-Active Model. Create flashcards to help you. Drink this model in at all levels.
2. Journal EXACTLY how you want your exam day to look and how you want to feel. Visualize the wonderful details.
3. Tap into your CPL (Certification Pod Leader) and your certification coach. Ask them any questions you might have.
4. Take care of yourself physically and emotionally by staying grounded and centered. *Extreme Self Care* is a must!
5. Commit a session to coaching your coach or supervisor. Ask for feedback.
6. Don't do *any* prep within 48 hours of your exam- trust yourself and all the hard work you have completed.
7. Celebrate: plan a reward, a new outfit or a trip. You have made it to this point, and that included many hours of preparation. Celebrate the process.
8. Detach from the outcome and manage your saboteur. Passing or failing the exam can be a gift. You get to choose the perspective you want to hold.
9. Get clients anywhere or anytime! Offer "on the spot" 15 minute sessions to anyone who will take you up on the offer.
10. Practice, practice, practice with *trained feedback*. Hire experienced CPCCs whose expertise is to give quality, unbiased feedback and *build your confidence* as you approach your exam day. That is what we do at the [Coaching Tree!](#)

You have worked *so* hard to get here. The time has come to stand in your skills, knowledge and power – confident that you have done what was asked of you. Remember to BE CURIOUS and PRESENT during your exam. You really know the rest – it's in your bones!

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