

STEADY

## PRACTICE THE MOMENT

DEVELOPMENTAL  
ADAPTIVE  
REPEATABLE

# PREP.

PRACTICE / REHEARSAL / ENABLEMENT PLATFORM

PRODUCT OVERVIEW

AI-ASSISTED COACHING

## The conversation is coming. *Practice it here first.*

PREP is an AI-assisted rehearsal platform for anyone preparing for a critical workplace conversation. Practice what to say, experience how it may land, adjust, and try again before the moment matters.

PEER • UPWARD • CLIENT • TEAM • CROSS-FUNCTIONAL • LEADERSHIP

### A LIVE COACHING MOMENT

“The decision was made. Let’s focus on next year.”

### PREP COACH

You closed the door before Jordan could respond. Set the frame with transparency, then invite their perspective.

### THE EXPERIENCE

01

#### THEY REACT

A counterpart shaped by stance, history, difficulty and hidden subtext.

02

#### YOU ADJUST

The simulated counterpart’s state, charge and cues show how each response changes the conversation.

03

#### PREP COACHES

A developmental debrief rewrites the weakest line and sets the next focus.

**STEADY™** SET / TELL / ENSURE / ATTUNE / DISCOVER / YIELD

A proprietary synthesis grounded in established practices including SBI™, psychological safety and Crucial Conversations.

### MORE REPS. BETTER JUDGMENT. A METHOD THAT TRAVELS.

Anyone can build confidence through private practice. Organizations can add aggregate insight.

Developmental practice—not employment advice, assessment, or an employment decision tool.