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AI Practice Lab

AI Practice Lab: Practice Leadership in a Safe AI Environment

The world's first AI-powered leadership practice lab. Our AI Practice Lab provides a safe environment to practice difficult conversations, decision-making, and leadership scenarios with advanced AI that responds like real stakeholders.

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What It Offers

AI Practice Lab combines cutting-edge AI technology with proven leadership development methodologies to create an unprecedented practice experience.



Realistic AI Scenarios

Practice difficult conversations, crisis management, and strategic discussions with advanced AI



Real-time Feedback

Instant analysis of communication style, decision-making, and leadership presence



Safe Practice Environment



Skill Assessment

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recommendations

See It In Action

Your Journey Through AI Practice Lab

Experience the complete practice workflow from scenario selection to real-time AI conversations with instant feedback.

1

Choose Your Practice Scenario

Select from 20+ AI-powered scenarios across multiple skill categories

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The screenshot shows the AI Practice Scenarios interface. On the left, a sidebar lists 'Dashboard', 'Learning', 'Assessments', 'Coaching', 'Notes & Actions', and 'AI Practice' (highlighted with a pink background). The main area has a pink header bar with 'AI Practice' and 'Practice sessions with AI'. Below it is a 'Results' section with a checkbox for 'View your practice results'. The central part of the screen displays 'AI Practice Scenarios' with a sub-header 'Choose a skill category and practice with AI-powered scenarios'. It features several filter buttons: 'All Categories' (selected), 'Action Oriented', 'Attracts Top Talent', 'Balances Stakeholders', 'Being Resilient', 'Builds Effective Teams', 'Builds Networks', 'Business Insight', 'Collaborates', 'Communicates Effectively', and 'Courage'. A 'Select Role' dropdown is set to 'Filter by role'. The 'Available Scenarios' section shows three cards: 'Team Conflict Resolution' (Medium difficulty, blue background), 'Handling Customer Complaints' (medium difficulty, pink background), and 'Learning New Skills Quickly' (Intermediate difficulty, green background). Each card includes a 'Start Practice' button with a right-pointing arrow.

The bottom section contains three cards:

- Scenario Library for Specific Skills**: Features a red ribbon icon. Text: 'Choose from our curated library of practice scenarios targeting specific leadership competencies and skill areas'.
- Customize Based on Real World Needs**: Features a blue spiral icon. Text: 'Adapt scenarios to match your actual workplace situations and challenges for more relevant practice'.
- Add Personalized Scenarios**: Features a pink brain icon. Text: 'Create and add your own custom scenarios for practice sessions tailored to your unique development goals'.

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Each avatar has a unique personality, communication style, and professional background.

The screenshot shows the A3CEND platform interface. On the left, a teal sidebar menu includes options like Dashboard, Learning, Assessments, Coaching, Notes & Actions, and AI Practice (highlighted with a pink border). The main content area is titled "AI Practice: Practice with AI coaching". It features a search bar and a user profile for "ana.garcia@company.com". Below this, a section titled "Choose Your Practice Partner" displays three AI avatars: Thaddeus (long brown hair, beard, suit), Pedro (short dark hair, blue polo shirt), and Marianne (dark hair, red blazer, black top). Filter dropdowns for "Gender" (All) and "Look" (Professional Look) are present. A "Back to Scenarios" link is at the top left of the partner section.



Realistic Personalities

AI avatars mirror real workplace personas - from analytical types to emotional decision-makers, ensuring authentic practice experiences.



Adaptive Responses

Each AI partner adapts to your communication style and provides responses based on context, tone, and professional situation.

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REVIEW SCENARIO DETAILS AND CUSTOMIZE YOUR PRACTICE SESSION SETTINGS BEFORE YOU BEGIN

The screenshot shows the AI Practice interface. On the left, a sidebar lists 'Learning', 'Assessments', 'Coaching', 'Notes & Actions', and 'AI Practice' (highlighted with a pink background). The main area displays a 'Ready to Practice?' screen for 'Team Conflict Resolution' at 'Medium Level'. It includes sections for 'What You'll Practice' (resolving a conflict between two employees) and 'The Scenario' (you are the team manager). Below this is a 'Ready to Begin?' section with role selection ('Role: Manager') and customization dropdowns for tone, persona, and streaming avatar. A large blue button says 'Start Practice Session →'.



Scenario Context

Understand the situation, your role, and objectives before starting the practice session.



Customization Options

Choose tone, persona, and streaming avatar settings to match your practice needs.

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PRACTICE WITH AI AVATARS AND RECEIVE LIVE TRANSCRIPTS WITH INSTANT FEEDBACK ON YOUR PERFORMANCE

The screenshot displays the A3CEND AI Practice interface. On the left, a sidebar lists 'Learning', 'Assessments', 'Coaching', 'Notes & Actions', and 'AI Practice' (Beta). The main area shows an 'AI Practice' session titled 'Handling Customer Complaints'. It features a video feed of a woman with curly hair, wearing a black blazer over a blue top. To the right is a 'Live Transcript' window showing a message from an 'Avatar' at 7:16:31 PM: 'Hello! How can I help you today?'. A blue button labeled 'Interrupt task' is visible at the bottom right of the video frame.

Real-Time Feedback

Live Transcripts

Safe Environment

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during the conversation

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Review Session Analytics & Insights

Get comprehensive feedback with conversation transcript, coaching insights, and performance analytics

The screenshot shows the A3CEND platform interface. On the left, there's a sidebar with a teal background containing navigation links: Dashboard, Learning, Assessments, Coaching, Notes & Actions, and AI Practice (which is highlighted in pink). The main content area has a white background. At the top, it says "AI Practice" and "Practice with AI coaching". Below that is a search bar and a user profile icon for "ana.garcia@company.com". The central part of the screen is titled "Session Analysis". It shows a "Session complete" summary with a score of 75%. To the right is a "New Session" button. The "Transcript" section shows a message from "Assistant" at 7:16:31 PM: "Hello! How can I help you today?". Next to it are tabs for "Coaching" (which is selected) and "Analytics". The "Coaching" tab displays "Active Listening" insights: "You demonstrated active listening during this conversation". The "Analytics" tab shows "Strength" ("Engaged listening") and "Growth Area" ("Reduce filler words"). Below these are sections for "Follow-up Questions" (with fields for "What specific help do you need?" and "Can you provide more details?") and "Tone" (with options for "friendly" and "professional").

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Full Transcript

Review complete conversation history with timestamps and speaker identification

Coaching Insights

Get strengths, growth areas, tone analysis, and follow-up questions for improvement

Performance Analytics

Track your progress over time with detailed metrics and skill development insights

Use Cases

AI Practice Lab covers a wide range of leadership scenarios, from everyday management challenges to high-stakes executive decisions.



Difficult Conversations



Crisis Leadership



Strategic Communication

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sensitive discussions	organizational crises	ideas to stakeholders
<p>Practice Scenarios:</p> <ul style="list-style-type: none">Performance reviewsConflict resolutionLayoff communicationsChange announcements	<p>Practice Scenarios:</p> <ul style="list-style-type: none">Emergency responsePR crisis managementFinancial challengesTeam restructuring	<p>Practice Scenarios:</p> <ul style="list-style-type: none">Board presentationsInvestor pitchesAll-hands meetingsCustomer negotiations

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Benefits for Leaders

AI Practice Lab provides unique advantages that traditional training methods cannot match, enabling accelerated skill development and confidence building.



A3CEND

Solutions

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LEAP

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- 🕒 Risk-free learning environment for experimenting with new leadership approaches
- 🕒 Skill building through repeated practice and iterative improvement
- 🕒 Confidence development before facing real-world leadership challenges

High

Improved confidence in difficult conversations

Faster

Faster skill development vs traditional methods

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Advanced Features

AI Practice Lab leverages cutting-edge AI technology to provide the most realistic and effective practice experience possible.

 AI-powered conversation partners with personality and context

 Video-based practice with facial expression and tone analysis

 Customizable scenarios based on your industry and role

 Progress tracking and skill development pathways

 Integration with A3CEND coaching programs

 Multi-language support for global leaders

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Ready to Practice Leadership in a Safe Environment?

Experience the future of leadership development with AI Practice Lab and build confidence through risk-free practice.

[Try AI Practice Lab](#)[Book Demo](#)

A3CEND

Human-Led x Tech-Enabled
Employee Activation

Solutions

Leadership
Development
Transformation &
Change
Performance
Accelerators
Coaching
Solutions

Platforms

LEAP
AI Practice Lab

Industries

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Resources

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Access

Learners Login

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