

What is AI Practice and how do I use it?

Last Modified on 09/08/2026 1:46 pm EDT

This article explains what AI Practice is and how to use it to turn what you watch into what you do.

What is AI Practice?

AI Practice is an AI-powered coaching chat, currently in Beta, available on select Video Lesson pages. After watching a lesson, you can click Chat with AI Practice to have a short, guided conversation that helps you connect the expert's idea to your own role and situation — and leave with a concrete next step.

Unlike a general AI chatbot, AI Practice is grounded in the specific lesson you just watched. It draws only on that lesson's content and the expert's framework, so the conversation stays relevant and on-topic rather than wandering into generic advice.

How do I start an AI Practice Session?

1. Watch a Video Lesson. AI Practice is currently available on individual video lessons that include a Practice prompt (it is not yet available on Courses or Expert Classes).
2. Look for the Chat with AI Practice button in the Learner Guide area of the lesson page.
3. Click it to open the AI Practice panel. It opens with a practice question tied to the lesson you just watched.
4. Type your response in the text box and hit Enter or Send.
5. Keep the conversation going — the coach will ask follow-up questions to help you get specific about how you'll apply the idea.

Don't see the "Chat with AI Practice" button? This Beta feature isn't turned on for every organization yet, and it only appears on lessons with a practice prompt. If you think your organization should have access, check with your Learning Admin.

What happens during a session?

AI Practice acts like a real-time coach focused on the lesson you just watched. Depending on the conversation, it may:

- Ask reflective questions to help you connect the idea to your specific role or situation

- ASK reflective questions to help you connect the idea to your specific role or situation
- Invite you to rehearse a real conversation or scenario before you have it for real (like giving feedback or navigating a conflict)
- Help you land on one clear, concrete thing you'll do differently — and when

Responses are kept short and conversational on purpose, so it feels like a dialogue rather than a lecture. AI Practice stays focused on the lesson's topic. It's not designed to answer general questions, offer medical, legal, or HR/compliance advice, or replace a real coach or manager for serious personal or workplace issues. If a conversation goes off-topic, the AI will gently redirect it back.

Is my conversation saved or Private?

Your AI Practice conversations are never shared with your employer or organization admins. They don't see your individual responses, at most only aggregated, non-identifiable insights.

The Big Think+ team may review conversation content, including yours, as part of how we monitor and improve AI Practice over time, the same way we'd look at how any feature is being used to make it better. This is separate from, and doesn't change, the privacy from your own organization described above, and it's not used to train any external AI model.

Each session starts fresh: closing the panel or returning to the lesson begins a brand-new conversation rather than picking up where you left off. If you'd like to keep a copy for yourself, use the copy this chat to your clipboard link at the bottom of the panel before you close it.

AI Practice vs. the Learner Guide

Every video lesson also has a Learner Guide with "Before You Watch" and "After You Watch" prompts you can answer in writing, privately, at your own pace (and download as a PDF). AI Practice uses that same "After You Watch" practice prompt as its starting point, but turns it into a live, back-and-forth conversation instead of a written reflection.

- Use the Learner Guide when you want to jot down your own thinking, on your own time.
- Use AI Practice when you want to talk it through, get follow-up questions, or rehearse a scenario out loud (in writing).

Good to know

- AI Practice is in Beta — you may occasionally see a message that it's temporarily unavailable. If that happens, try again in a few minutes.
- It's currently available on individual Video Lessons only, not on Courses or Expert

Classes.

- Availability depends on your organization's settings — not every learner will see it yet.
-