

# Medical Coaching Training Program

## Module 2 – Process

### Lesson 1, Class Assignment

In this assignment, you are going to role play with a fellow Medical Coaching student in your group.

One of you is going to be the coach, and the other will be the client.

**Client** - pick one of the attached “Directions” and use this information to role play with your coach. Be authentic and true as if this direction is truly yours.

**Coach** - help your client elicit an overall vision and 1-2 goals he/she would like to achieve in the coaching process with you. Use the principles in lesson 1.

Send a report to your mentor with the following information:

- The overall vision
- The Objectives
- Two goals to be achieved in the next six months
- Your learnings from this process
- Dilemmas and or questions

Send the report in a WORD format.

Remember to enjoy yourselves 😊

### **Client A –**

Single woman, 35 years old, works in a large communication company.

Six years ago her parents moved in with her, into her small apartment.

Her mother is diagnosed with a chronic illness and needs constant care (eating, drinking, bathing, walking, etc.) and well as rehabilitation in a nearby local clinic. Although she has trouble speaking, she communicates her wishes clearly and usually does that in a commanding manner.

The client is sharing the caregiving responsibilities with her father as well as being the sole breadwinner.

The client was diagnosed with early stages of diabetes, a dysfunctional thyroid gland, and has gained a lot of weight lately.

She says she wants more self-control (wants to be less emotional in her reactions, especially towards her mother), wants to get rid of the tension in the body and be calm, and healthy.

She doesn't want to worry about the future constantly.

### **Client B –**

Woman, 38 years old, Married with two children, ages 4 and 6.

The client was Diagnosed in 2010 with Paramyloidosis (Familial Amyloid Polyneuropathy) during her pregnancy with her first child.

The diagnosis was relatively late, so she has a lot of symptoms. She is taking medication that is stabilizing her condition.

She lost her mother to Paramyloidosis when she was 21 (her mother was mother 56)

The client and her husband are in the midst of a marital crisis, and they are experiencing financial difficulties.

The client wants emotional stability, and she wants to be able to organize her time and the home so that she can follow the medical guidelines around.

She is starting a new job next month after 7 years without working and is feeling very anxious. She would like to be able to balance her home, work and health and be less stressed.

### **Client C –**

Married man, 45 years old.

The client was diagnosed with a brain tumor 3 years ago. In addition he has suffered 2 minor strokes since then. He had brain surgery and received 4 courses of chemo. He is currently participating a medical trail for a new cancer treatment. He is receiving this treatment once a week in the hospital via intravenous. He is happily married for the past 23 years and has two young-adult boys ages 21 and 18.

The client works as an executive in an innovative high-tech company where he is highly regarded.

He wants to use the medical coaching sessions to challenge his rigid rule-based (fear-based) mindset around what he can and can't do, and to establish a new, more flexible way of thinking so that he is able to participate in the social aspects of his life, go back to playing golf regularly and get approval from the corporate innovation forum to lead an innovation project at work.

In addition, he would like to be able to support his family as they cope with illness and the changes it has brought to all of their lives.



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+972-522-421045 office@mci-il.com www.mci-il.com