

## **Guidelines for Medical Coaching Class Assignments**

### **Guidelines for the practicing student – the “coach”**

1. Remember, you are not in a coaching relationship. You are creating a safe coaching space to practice a specific technique with another student from the course who will be your practicing partner and will bring a real issue for you to practice on.
2. Respect your practicing partner’s privacy and do not discuss the details of the practice session with others.
3. Approach each technique with a beginner’s mind and follow the instructions, even if you have done this before in another context or another way.
4. If you wish to record the session, make sure you get your partner’s permission first.
5. Follow the assignment guidelines when writing your report.
6. Co-create a practice assignment using these questions:
  - \* How would you like to implement this in your life?
  - \* What are you going to do?
  - \* How often are you going to do it?
  - \* What do you need to do it?
  - \* How will you get the learning from this practice?
  - \* How would you like me to hold you accountable?
7. Make sure to practice at least once with each member of your cohort.
8. If you feel uncomfortable due to the session, contact your mentor and share your experience

### **Guidelines for the practicing partner – the “client”**

1. Remember that this is a “sandbox” and you are not going through a coaching process. Your role is to support another student's professional journey like other students from your cohort will support yours.
2. Be willing to assume the role of a client. Do not coach your partner or offer coaching feedback.
3. Bring an issue that is:
  - \* Real for you AND coachable.
  - \* Is appropriate for the tool you are working on

- \* You have an emotional intensity level of less than 5 on your emotional intensity scale, and you are okay with your partner using this issue to practice a technique.
- \* Does not involve someone your partner knows.
- 4. Respect your practicing partner's privacy and do not discuss the details of the practice session or your opinion about your partner's coaching with other people (in or out of the cohort).
- 5. If you feel uncomfortable due to the session, contact your mentor and share your experience.