

## **Guidelines for Health and 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 practice 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:
7. Make sure to practice at least once with each member of your cohort.

#### **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, just as other students from your cohort will support yours.
2. Be willing to assume the role of a client. Do not coach your partner on how best to do this practice 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.
  - \* Do not bring up an issue that involves 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).

## **Logistics**

1. Send the reports in a WORD format.
2. Send each technique in a separate WORD format.
3. Write the name of the technique in the file name and at the top of the report.
4. Each technique will have practice and reporting instructions. Please follow all instructions and address all questions.