

## HMC Training Program, Module 2 – Process

### Lesson 1, Class Assignment

In this assignment, you will role-play with a fellow student in your group.

One of you will be the coach and the other the client.

**Client** - pick one of the attached scenarios and use it to role-play with your coach. Be authentic and genuine as if this story is yours.

**Coach** - help your client elicit a life vision, identify their challenges and wishes at this moment in time, and listen for the 'Themes' (what is in the way).

Once you have clarity on the 'Themes', mirror them to the client and confirm they are correct.

Once the client approves the Themes, proceed to create a Health and Medical Coaching goal for each Theme.

Check with the client to ensure it resonates, and confirm they are willing to commit to being coached on that goal.

Use the Vision and Goals Worksheet in lesson 1.

In your report, attach the Vision and Goals Worksheet and address the following:

- Give three examples of things you noticed in calibration.
- What was your practicing partner's experience as a client
- What did you learn from this process as a coach, and what did you learn for yourself?
- Curiosity, triggers and/or questions

See the scenarios on the following page

**Client A –**

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

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

She is struggling with her weight and has tried various diets and weight loss challenges. She feels very motivated at the beginning and then stops. She is also struggling to follow the nutritional guidelines she received to address her diabetes.

She says she wants more motivation and willpower to complete things she starts. She wants to be less emotional in her reactions to how people perceive her weight, especially towards her mother, who criticises her a lot, to release tension in her body and to be calm and healthy.

**Client B –**

Divorced woman, 37 years old.

The client was diagnosed with ovarian cancer 3 years ago. She has had surgery and three sets of chemo (each with a duration of 6 months). She has been in remission twice. She had a PET scan a while ago and will get her results next week. She is feeling overwhelmed by all the medical information. She wants to be able to consider all the options she has, make a decision about her treatment, and be at peace with that decision going forward.

She wants help to create the right attitude towards her illness. She believes that God is using the illness to bring her back to Him. She believes the way to God is through reaching out to others, and therefore she wants the sessions to help her take action and reach out to be of service to others, as an ongoing commitment and way of living going forward.

In addition, the client feels she has suffered in silence for a long time with her illness and wants to be more honest and authentic with her loved ones (her parents, her close friends, and her two young children – ages 9 and 11) regarding how she wants to live going forward.