

# Health and Medical Coaching Training Program

## Module 2 – Process

### Lesson 2, Class Assignments

Work with a fellow Health and Medical Coaching student or PHMC.

1. Practice the **6 Logical Levels of Change** technique. Record the practice (video+audio). Send your mentor the recording in MP4 format and a written report addressing:
  - Dilemmas and questions
  - Your learnings
  - Questions, triggers, and curiosities you had during and/or after the practice.
  - Your dilemmas. Please send them in the following structure:

The Dilemma: \_\_\_\_\_

Possible Action A: \_\_\_\_\_

Pros: \_\_\_\_\_

Cons: \_\_\_\_\_

Possible Action B: \_\_\_\_\_

Pros: \_\_\_\_\_

Cons: \_\_\_\_\_

What you chose to do: \_\_\_\_\_

Training

Consulting

Professional Development

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2. Practice the **LIKE to DISLIKE** technique.

In your report, address the following:

- What was liked and what was disliked (or liked less)
- A short summary of each step
- Submodalities of column A and B
- The polarity you saw
- How you interacted the submodalities of column B into the Picture of column A
- Three examples of things you noticed in calibration  
(Calibration refers to what you saw and heard in the client's body language, facial expressions, and tone of voice, without interpretation)
- If you were to give the client a "homework" assignment that would help the client "deepen the learning and forward the action", what would it be and why?
- What was your practicing partner's experience as a client?
- Dilemmas and questions
- Your learnings
- Questions, triggers, and curiosities you had during and/or after the practice.
- Your dilemmas. Please send them in the following structure:

The Dilemma: \_\_\_\_\_

Possible Action A: \_\_\_\_\_

Pros: \_\_\_\_\_

Cons: \_\_\_\_\_

Possible Action B: \_\_\_\_\_

Pros: \_\_\_\_\_

Cons: \_\_\_\_\_

What you chose to do: \_\_\_\_\_

Send the reports in two separate Word documents to your mentor.

Enjoy 😊