

HMC 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) and send the recording to your mentor in MP4 format. Your mentor will pick 20 minutes from the recording, listen to it, and send you feedback.

In addition, send a written report addressing:

- 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)
- Dilemmas and questions
- Your learnings
- Questions, triggers, and curiosities you had during and/or after the practice.
- Your dilemmas (find at least one). Please send them in the following structure:

The Dilemma: _____

Possible Action A: _____

Pros: _____

Cons: _____

Possible Action B: _____

Pros: _____

Cons: _____

What you chose to do: _____

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 incorporated 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 (find at least one). 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 😊

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