

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. Recorded the practice (video+audio).
Send you mentor the recording in MP4 format and a written report addressing:
 - Dilemmas and questions
 - Your learnings

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

Send the reports in two separate documents to your mentor in a WORD format.

Enjoy 😊

Training

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Professional Development

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