

# Medical Coaching Training Program

## Module 2 – Process

### Lesson 3, Class Assignment

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

1. Practice **Anchoring a goal on the Timeline**, and **Circle of Excellence**.

In your report, address the following:

- The goal/resource
- The way you followed the technique instructions (don't rewrite the instructions, write how you did it and a summary of what you said).
- Three examples of things you noticed in calibration (Calibration refers to what you saw and heard in the client's body language 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?
- 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 😊