

## HMC Training Program, Module 2 – Process

### Lesson 4, Class Assignment

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

1. Practice the **Reframing Values technique**.

In your report, address the following:

- Please send a photo of the completed table (in your language and with your scribbles)
- The way you got to the original value
- The way you elicited the positive learning out of each comparison
- The new name
- Three examples of things you noticed in calibration. Please include at least one example of a time when you knew the client had reached a positive learning outcome.
- 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 report in a Word document to your mentor.

Enjoy 😊