

HMC Training Program, Module 2 – Process

Lesson 6, Class Assignments

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

1. Practice eliciting a state of relaxation using the **1-4 Relaxation Technique**.

In your report, address the following:

- The affirmations you used to transition from the external reality to the desired inner reality
- Three examples of things you noticed in calibration
- 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 (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 **Talking with Parts** technique.

In your report, address the following:

- What was the issue
- What behavior was chosen, and how did you name the part
- The way you followed the technique instructions (what did you say and do)
- The way you elicited the positive intention
- The agreement with the part
- 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?
- 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: _____

3. Practice the **Parts Party** technique.

In your report, address the following:

- What was the issue
- What parts were chosen
- The way you elicited the positive intention of each part
- The way you followed the technique instructions (what did you say and do)
- Please provide four examples of positive intentions
- Three examples of things you noticed in calibration
- 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 (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 separate documents to your mentor in a WORD format.

Enjoy 😊