

Medical Coaching Training Program

Module 2 – Process

Lesson 1, Class Assignment

In this assignment, you are going to role play with a fellow Medical Coaching student in your group.

One of you is going to be the coach, and the other will be the client.

Client - pick one of the attached “Directions” and use this information to role play with your coach. Be authentic and true as if this direction is truly yours.

Coach - help your client elicit an overall vision and 1-2 goals he/she would like to achieve in the coaching process with you. Use the principles in lesson 1.

Send a report to your mentor with the following information:

- The overall vision
- The Objectives
- Two goals to be achieved in the next six months
- Your learnings from this process
- Dilemmas and or questions

Send the report in a WORD format.

Remember to enjoy yourselves 😊

Client A –

Single woman, 35 years old, works in a large communication company.

Six years ago her parents moved in with her, into her small apartment.

Her mother is diagnosed with a chronic illness and needs constant care (eating, drinking, bathing, walking, etc.) and well as rehabilitation in a nearby local clinic. Although she has trouble speaking, she communicates her wishes clearly and usually does that in a commanding manner.

The client is sharing the caregiving responsibilities with her father as well as being the sole breadwinner.

The client was diagnosed with early stages of diabetes, a dysfunctional thyroid gland, and has gained a lot of weight lately.

She says she wants more self-control (wants to be less emotional in her reactions, especially towards her mother), wants to get rid of the tension in the body and be calm, and healthy.

She doesn't want to worry about the future constantly.

Client B –

Woman, 38 years old, Married with two children, ages 4 and 6.

The client was Diagnosed in 2010 with Paramyloidosis (Familial Amyloid Polyneuropathy) during her pregnancy with her first child.

The diagnosis was relatively late, so she has a lot of symptoms. She is taking medication that is stabilizing her condition.

She lost her mother to Paramyloidosis when she was 21 (her mother was mother 56)

The client and her husband are in the midst of a marital crisis, and they are experiencing financial difficulties.

The client wants emotional stability, and she wants to be able to organize her time and the home so that she can follow the medical guidelines around.

She is starting a new job next month after 7 years without working and is feeling very anxious. She would like to be able to balance her home, work and health and be less stressed.

Client C –

Divorced woman, 37 years old.

The client was diagnosed with ovarian cancer 3 years ago. She has had surgery and three sets of chemo (each with a duration of 6 months). She has been in remission twice. She had a PET scan ago and will get her results next week. She feels that the chemo is poisoning her body, and she is thinking about stopping her chemo treatment and looking for alternative ways to heal herself.

She is feeling overwhelmed by all the medical information. She wants to be able to consider all the options she has, make a decision about her treatment and be at peace that decision going forward.

She wants help to create the right attitude towards her illness. She believes that God is using the illness to get her back on the path to him and so she needs to continually remind herself about this and listen for the calling and find the meaning in her suffering so that she can find her way to God. She believes the way to God is through reaching out to others, and therefore she wants the sessions to help her get into action and reach out and be of service to others, as an ongoing commitment and way of living going forward.

In addition, the client feels she has suffered in silence for a long time with her illness and wants to be more authentic with her loved ones (her parents and her son and her daughter) so that she can be honest with them about her decision regarding her treatment and how she wants to live going forward



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