

Medical Coaching Training Program

Module 2 – Process

Lesson 3, Class Assignment

Work with a fellow Medical Coaching student or PMC.

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

In your reports, 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). Remember, the more information you give – the more feedback you get 😊
- 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 separate documents to your mentor in a WORD format.

Enjoy 😊