

Medical Coaching Training Program

Module 2 – Process

Lesson 3, Class Assignment

Work with a fellow Medical Coaching student or PMC. It is recommended that you find a triad but if you cannot, work in a dyad.

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

Send a written report to your mentor and address:

- The goal/resource
- The way you followed the technique instructions (don't rewrite the instructions, write how you did it and what you said). Remember, the more information you give – the more feedback you get 😊
- What you saw in calibration
- Your client's feedback
- Dilemmas and/or questions
- Your learnings.

Send the report in a WORD format.

Enjoy 😊