



# Medical Coaching Training Program

## Module 2 – Process

### Lesson 8, Class Assignment

Follow the case study and complete dilemmas for parts 4 and 5.

We will discuss the assignment in the group mentoring session.

#### Case Study: Jane, part 1-

- 41 years old. Married + 2.
- Suffers from high blood pressure, at risk of developing early symptoms of Diabetes.
- Heavy smoker, overweight, looks neglected.
- Her doctor instructed her to lose weight and start exercising ASAP.
- Contacted you to work on losing weight, start exercising and be healthy.
- She mentioned she wants to get pregnant again.

#### Dilemmas

- Is Medical Coaching the right process for Jane?
- Am I the right coach (professionally & personally)?
- Is there a potential risk for damage?
- Could the Medical Coaching relationship conflict with the relationship Jane has with her doctor?

### Case Study: Jane, part 2 -

- Jane arrives at the first session on time.
- She smells of cigarettes.
- As she sits, she takes out a little chocolate bar and offers you a piece.
- Her appearance creates the impression that she hasn't taken a shower for the last day or two.
- The smell bothers you... a lot.

### Dilemmas

- What happens to me as I am sitting with Jane in my coaching office?
- How does my impression of Jane influence my neutrality?  
Has it been affected?  
Can I remain professional?
- Do I accept her offer and take a piece of chocolate?
- Do I address the issue of Jane's smell? How do I do that?

### **Case Study: Jane, part 3 -**

- You agreed Jane pays 50% of your fee as long as Jane is working part-time.
- Jane shares that her relationship with her husband is tense. He is unsupportive of her attempts to stop smoking and lose weight. He is verbally abusive and humiliates her in front of the children.
- She asks if her husband could join the sessions, she trusts you and feels you are the only one that can help her save her marriage.

### **Dilemmas**

- Am I qualified to coach a couple?
- Can I integrate MC and couple's coaching?
- Do I stop the MC with Jane and start a separate couple coaching process with her and her husband?
- How can I help Jane?
- Is this a Medical Coaching issue?
- Do I need to define a new goal? What happens to the old goal?
- Am What if the verbal abuse turns to physical abuse?
- Can I address the issues of the children? How do I address that?

#### **Case Study: Jane, part 4 -**

- Jane's doctor recommends that she goes to counseling.
- Jane's best friend recommends that she goes to a hypnotherapist to help her lose weight and stop smoking quickly.
- Jane decided to try both.

#### **Dilemmas**

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#### **Case Study: Jane, part 5 -**

- Time goes by, and you become convinced Jane's doctor isn't providing her the best medical care.
- You feel determined this situation requires that Jane gets a 2nd opinion.
- Your best friend is chief of a diabetic department in another hospital. You call him and share your concerns.
- Your friend is willing to help. He promised to take good care of Jane and her medical needs.

#### **Dilemmas**

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