

# Medical Coaching Training Program

## Module 3 – Advanced

### Lesson 3, Class Assignment

Work with a fellow Medical Coaching student or PMC.

1. Explore the concept of Self-care and what it means for your practice client. Introduce to your client the **Medical Coaching Self-Care Matrix**. Explore, with the client, the areas on the matrix. Invite the client to choose one area and coach him/her on possible ways of improving the level of satisfaction in this area and creating a new or updated action plan.

In your report, write a summary addressing the following:

- The area the client chose to be coached on
- The way you coached your client, including the medical coaching skills you used.
- The action plan your client committed to
- Three examples of things you noticed in calibration – at least one that led you to understand that you could move on to the next level.  
(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?
- Your client's feedback
- Dilemmas and questions
- Your learnings

Send the report to your mentor in a WORD format.

Enjoy 😊