

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 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, address the following:

- The area the client chose to be coached on
- The way you coached your client, name the medical coaching skills that you used.
- The action plan your client committed to
- 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?
- Your client's feedback
- Dilemmas and questions
- Your learnings

Send the report to your mentor in a WORD format.

Enjoy 😊