

Medical Coaching Training Program

Module 3 – Advanced

Lesson 7, Class Assignment

Write a **Loss History**.

Choose three events of loss that you experienced:

- Loss of a person (does not have to be death)
- A loss that has to do with you (relationship, job, ability, dream, health, etc.)
- Loss of a precious item

Write your reflections and learnings regarding the way you cope with loss and grief.

You can use some or all of the relevant questions on page 62.

Send the report to your mentor in a WORD format.