

Exercise for this speciality Part 1

Please answer the following questions:

1. What are the healthcare specialities that you want to coach people in?
(please put your choices in order of preference, (min 1 max 4))

A _____

B _____

C _____

D _____

Please answer the following questions in respect to the healthcare speciality you have placed at no 1 above

2. What is attracting you to this healthcare challenge?
3. Which one of the following best describes your motivation to coach people with this issue?
(you may select more than one)

- A I have had the issue myself
- B Someone in my family has had this issue
- C I just feel I want to help people get over this issue
- D Other

4. As a coach what is the number one strength you offer clients with this issue?

5. Where are you vulnerable to coaching clients with these issues?

(i.e. what may be likely to trigger you, knock you off course when coaching etc.)

6. What are you most anxious about when you think about coaching clients with this issue?

It is possible that even though you coach a client with this issue they will not recover and may well experience further suffering.

7. In what ways are you prepared to face that?

8. What do you think you can do to make sure that you are sure that you have done all you can to contribute to their being able to recover?

9. In what ways are you most excited about and looking forward to when you think about coaching clients with this issue?
