



TRACK 1: COACHING ESSENTIALS NEXT STEPS

Lesson 4: Motivational Interviewing

1. Indicate if you have watched the DVD on Motivational Interviewing by Dr. Chris Bowen.

Completed:

2. Indicate if you have watched the DVD testimonial of Terri Bailey, "The Journey."

Completed:

3. Make a chart on “The Do’s and Don’ts of Coaching” from what you’ve learned in the first four lessons of this track. (Include a minimum of 10.)

4. Choose three from the list and write a paragraph on each one. Explain how you plan to implement this “Do” or “Don’t” as a priority in your coaching.

5. Write a 1-page paper on Part 4 of The Professional Coaching Handbook by Dr. Brenda Chand.

If you've completed the assignments, save this PDF and email it to your coach.