

Health Coach Professional Certificate: Evaluative Experiential Learning

The Health Leadership and Learning Network (HLLN) uses simulation to replicate real-life scenarios as an experiential learning method. Learners will have the opportunity to apply competencies covered in class in a 'realplay' simulation with a simulated person (SP). The SP is trained to realistically reproduce case-based scenarios in a consistent manner.

Although the simulation is artificial, the experience is real. Remember that you are not acting – please be yourself during the simulation!

The experiential learning module will include:

- Preparation – please review the scenario synopsis and instructions (below), and the assessment grid (separate document). You may wish to review your course materials, and/or practice with a friend, colleague or family member ahead of time.
- Simulation – You will participate in three 20-minute scenarios with the SP that will be observed by the instructor
- Debriefing -The instructor will provide immediate feedback and assess your competencies based on the assessment grid.

Scenario Synopsis and Instructions

Alex is a 45-year-old man who works as an administrative assistant. His job requires him to be sitting most of the day answering the phone. He has realized that He has not been maintaining healthy living. A few staff at work were discussing health coaching so he thought he would check it out. In this experiential learning module, you will simulate three 20-minute sessions: an initial in-take session and two follow-up sessions. As a health coach, you are expected to:

- Conduct an interview with Alex to discover who Alex is as a person and how he wants to become healthier.
- Be curious and get to know what brings Alex to see you and what he wants to get out of seeing a health coach.
- Use the skills of Motivational Interviewing and the Spirit of MI in helping the client work on behaviour change issues.
- Work through ambivalence of making behaviour change with MI skills.
- Support client to develop a healthy-living plan if applicable/possible.