

Observer Instructions

Observe the coaching encounter. Use hash marks to record the following behaviors in the table below. Take specific notes if possible in the table or another paper.

<p>Open ended Questions</p>	
<p>Closed ended Questions</p>	
<p>Reflections from Health Coach</p>	
<p>Support and Affirmation:</p> <ul style="list-style-type: none"> • Asks permission before sharing advice • Affirms • Emphasizes patient control or choice • Shows support for the patient 	
<p>Provides Information or Education <i>(with permission)</i></p>	
<p>Traps:</p> <ul style="list-style-type: none"> • Controls the session • Gives advice without asking for permission • Confronts • Directs or pushes • Blaming or shaming 	

