



# COMSEP

Better Health for All Patients  
Through Pediatric Education

What role do I have as a coach?

Session 2: COMSEP Course for Coaches

*Jennifer G. Christner, MD*  
Senior Dean  
Schools of Medicine and Health Professions  
Simulation Education Core  
Anatomy Education Core and Willed Body Program  
Cullen Trust for Higher Education Dean's Endowed Chair  
Professor, Pediatrics  
Professor, Education, Innovation and Technology  
Baylor College of Medicine



## Objectives

---

- ❑ Differentiate between advising, mentoring, counseling, coaching and being a friend/colleague
  
- ❑ As you watch the clips, think about each type of relationship and:
  - *What are the strengths?*
  - *What are inherent weaknesses?*





## Movie Clip (Mentor)

---



Strengths?  
Weaknesses?

---





## Movie Clip (Friend)

---



Strengths?

Weaknesses?

- 
- ▶ OK - you might find this offensive. I totally get it. I can pick another



## Movie Clip (Counselor)

---



Strengths?  
Weaknesses?

---





## Movie Clip (Coach)

---



Strengths?  
Weaknesses?

---





## Which role is best?

---

- ❑ All can be
- ❑ Need to pick right role for right situation





Coaching is..

---

COMSEP

- ✓ *Based on proven processes*
- ✓ *Leans on mental models*
- ✓ *Personalized*
- ✓ *Can involve practice*

A coach is someone who can help you improve your life,  
feel better and achieve your goals





# Why coaching works

---

## ❑ Clients may be:

- ❑ *Focused on external circumstances*
- ❑ *Consumed by actions they have or have not taken*
- ❑ *Consumed by results they have or have not gotten*





## A coach helps you...

---

- ❑ Get to the root caused of why you are “stuck” your thoughts
  - ❑ Feel/allow your feelings
    - ❑ *And choose if you want to keep feeling this way*
  - ❑ Recognize the actions you are (not) taking
  - ❑ Feel rejuvenated
  - ❑ Feel reprieve from burnout
  - ❑ Have a sustainable, fulfilling career/life
- 





Let's learn how to coach!

