

# To Dive or Not to Dive Into a Coach Approach® in Healthcare



## Client Capacity & Communication

1. Is the client medically stable (not in acute distress or medical crisis)?

YES

NO

Do **not** use Coach Approach. Provide support or refer.

2. Is the client cognitively able to engage in reflective dialogue?

YES

NO

Pause. Consider alternate approaches or reassessment.

3. Can the client understand and process basic questions?

YES

NO

Adapt communication strategies or delay coaching.

4. Can the client engage in back-and-forth dialogue and express thoughts or ideas?

YES

NO

Consider alternate approaches.



## Client Readiness & Willingness

5. Is the client open to exploring their own thoughts, values, and motivations?

YES

NO

Use directive tools or motivational strategies first.

6. Does the client express a desire to improve or maintain health outcomes?

YES

NO

Clarify goals or wait until readiness emerges.

7. Does the client prefer collaboration over directive instruction?

YES

NO

Respect preference; consider a hybrid model.



## Practitioner Readiness

8. Are YOU (the practitioner) present, clear, and ethically able to engage in a Coach Approach today?

YES

NO

Pause or reschedule.

9. Are you conducting a standardized assessment?

YES

NO

Finish first, coach later.

### 🎯 Yes — A Coach Approach is Appropriate

💡 Use the Dive Into a Coach Approach® (DICA) framework considering the Coaching Spectrum Framework™ and adjust it based on your client's needs and abilities.

- ✓ DICA Framework
- ✓ DICA Techniques
- ✓ Coaching Spectrum Framework™
- ✓ Mindset Match: Olympian, Environmentalist, Discoverer, Amateur