

Longitudinal Session #6 COMSEP COACH CERTIFICATION

March 3, 2026 at noon EST

March 4, 2026 at 3pm EST



# COMSEP

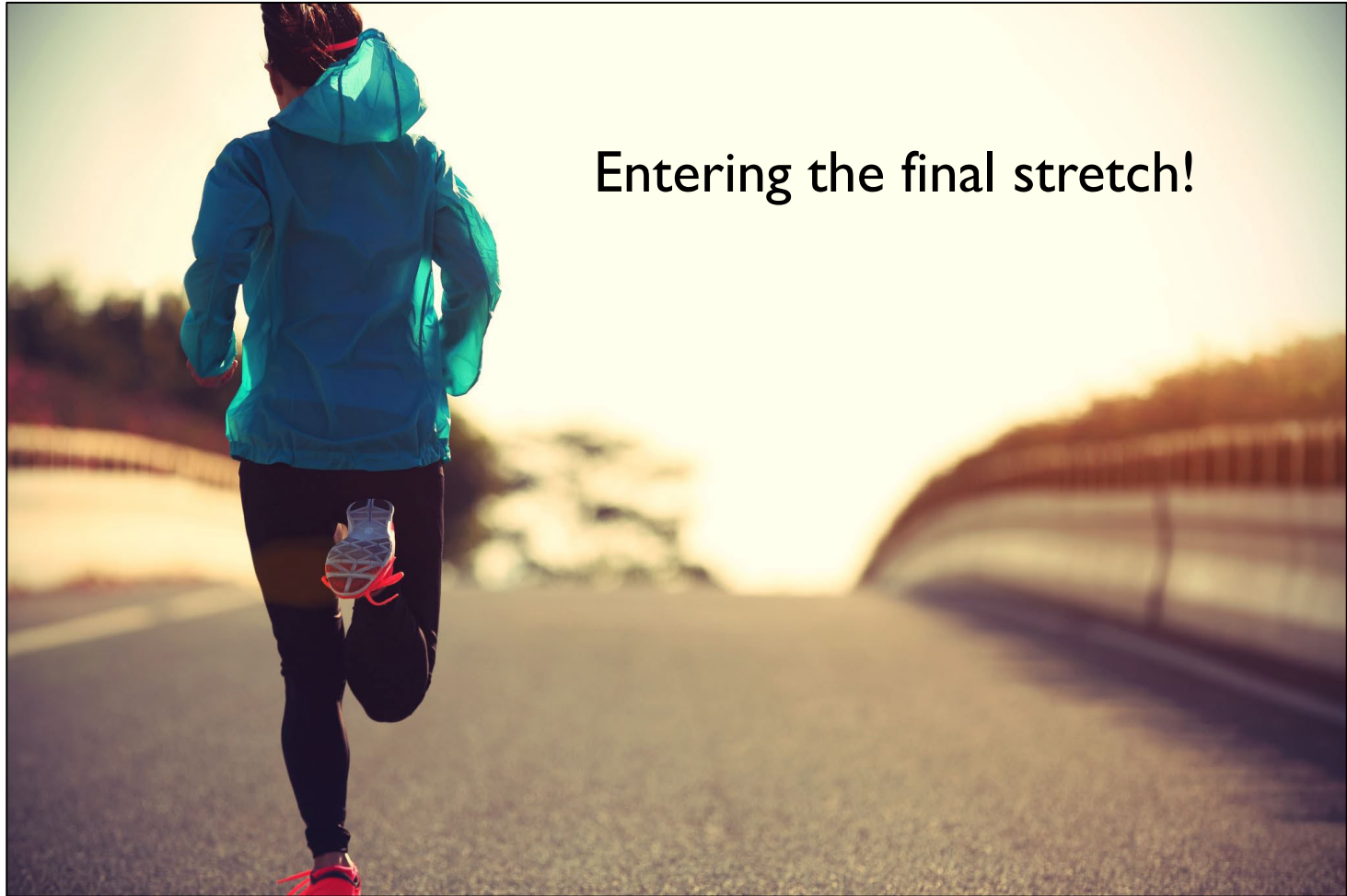
Better Health for All Patients  
Through Pediatric Education

Coaching Dilemmas

Lisa Leggio, MD ACC

# Welcome back!

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**Entering the final stretch!**





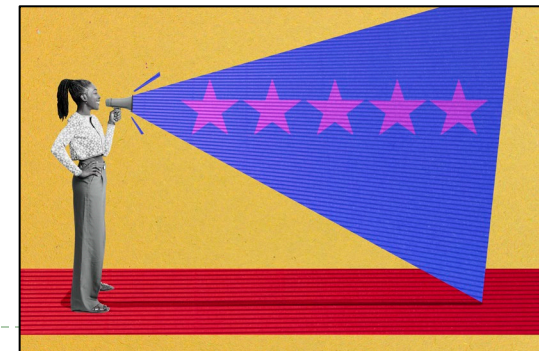
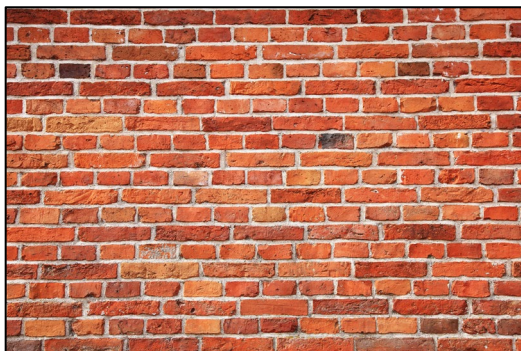
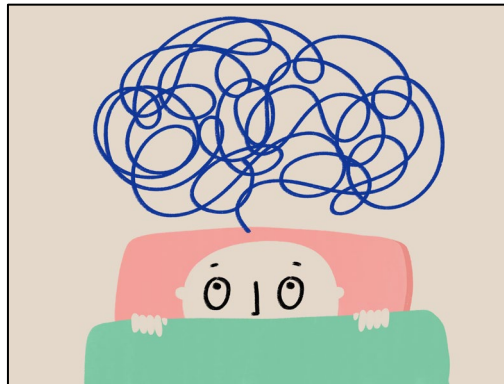
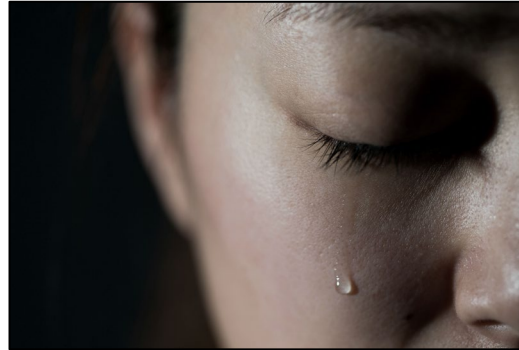
## Objectives

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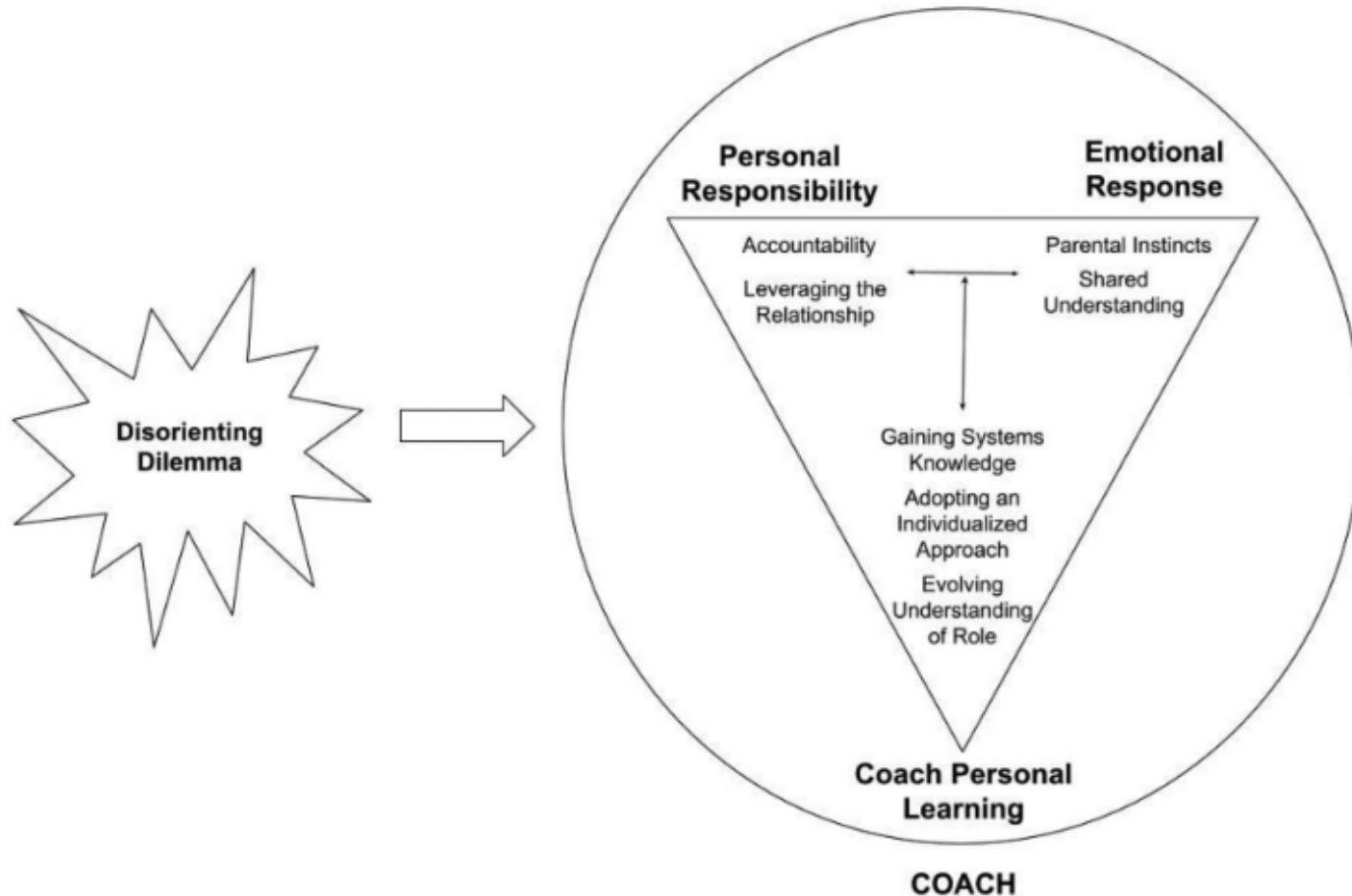
- ▶ Transform coaching dilemmas into learning opportunities
- ▶ Identify resources to assist with coaching dilemmas
- ▶ Describe individual progress with the coaching process
- ▶ Prepare for Capstone



# Coaching Dilemmas



# Transformative Learning



**Figure 1.** Illustration of themes and subthemes from qualitative interviews in 2022 of longitudinal coaches supporting medical students who struggle at two institutions.

# Resources to Manage Coaching Dilemmas

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- ▶ **Self-Reflection**
- ▶ **Colleagues**
- ▶ **COACH Community Meetings**
  - ▶ Monthly virtual meetings of COMSEP COACH grads
  - ▶ Discuss dilemmas
  - ▶ Practice coaching
- ▶ **Coaching Supervision**
  - ▶ ICF doesn't require, but recommends
  - ▶ Considered a best practice for professional growth





# A Surreal Exercise

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- ▶ When you are the “Coach” you are only allowed to GIVE ADVICE.

## **Breakout Groups**

- Groups of 2
- Any topic
- “Coach” for 10 minutes
  - Advice Only
- Debrief for 2 minutes
- Switch



# Debrief

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WHAT DID YOU  
NOTICE?



HOW DID YOU FEEL  
AS THE “COACH”?

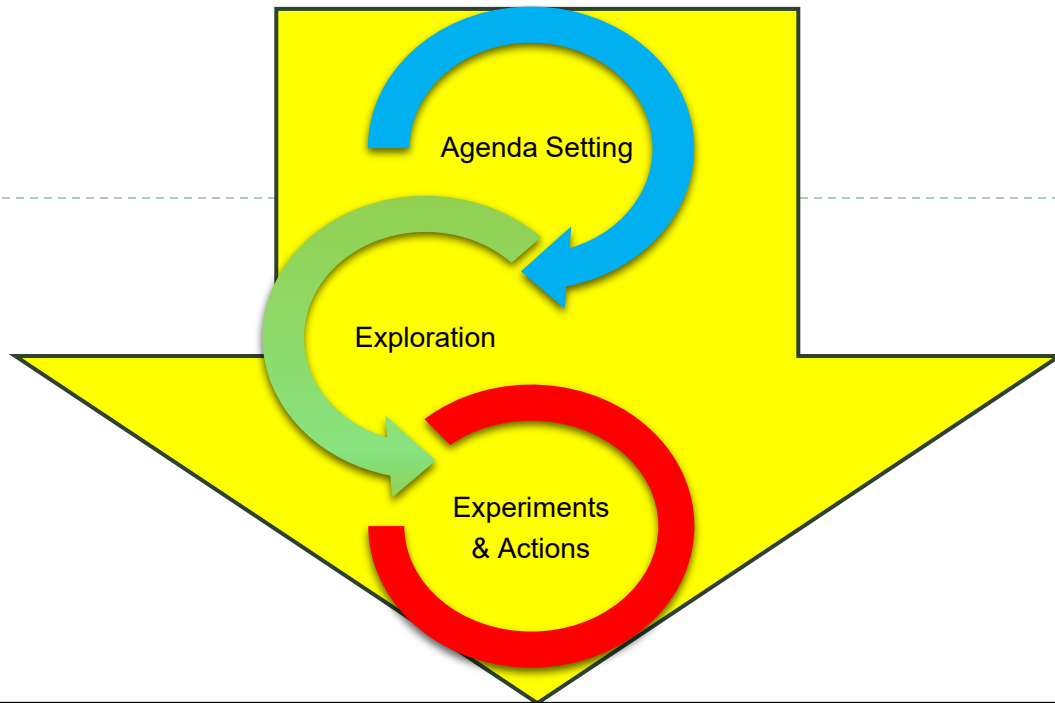


HOW DID YOU FEEL  
AS THE “COACHEE”?

What does this tell you about your growth as a coach?

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Foundations	The Coach Approach & Mindset Asking Questions & Listening Wholeheartedly What hat am I wearing?
Agenda Setting	What would you like to focus on? Coaching Readiness
Exploration	It's the thought that counts Coaching Emotions Strength Based Coaching
Experiments & Actions	Exploring & Finding Next Steps Co-creating actions to help people reach their goals

# Insights / Learnings / Celebrations



► Capstone: Wed. April 15, 2026 from 1pm-5pm EST

# Homework for Capstone

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Read **Chapters 2 & 9** in AMA coaching book.



Read an **article** we will send about group coaching.



Write a paragraph about what you are planning as **next steps** in your coaching journey.



Identify **one challenge** you would like to address related to your next steps for coaching.



Come ready to get some **group coaching** around the challenge.

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# Resources:

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Self-Reflection Tool: <https://www.reboot.io/shadow-tracking-for-coaches-post-session-reflections-for-coach-growth/>

Elster, M. J., Parsons, A. S., Collins, S., Gusic, M. E., & Hauer, K. E. (2025). 'We're like Spider-Man; with great power comes great responsibility': Coaches' experiences supporting struggling medical students. *Medical Teacher*, 47(2), 329–337.

<https://doi.org/10.1080/0142159X.2024.2337250>

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