
Module 14, Lesson 1 Quiz: How to Be a Better Coach

1. The #1 problem for ALL coaches and healthcare professionals and their patients or clients is:
 - a. Lack of transformation skills
 - b. Language barriers
 - c. **Patient compliance**
 - d. Insurance
2. A coach is a master of:
 - a. Education
 - b. **Transformation**
 - c. Motivation
 - d. Communication
3. True or false. The key to being a good coach is telling your clients what to eat and what not to eat.
 - a. True
 - b. **False**
4. Which of the following is NOT an element of the Transformational Coaching Method?
 - a. Neuroscience
 - b. Appreciative Inquiry
 - c. **Positive Sociology**
 - d. Motivational Interviewing
5. What are the 3 Basic Human Needs according to the Transformational Coaching Method?
 - a. Love, Security, Safety
 - b. **Love, Safety, Belonging**
 - c. Love, Connection, Education
 - d. Love, Belonging, Connection