

# **Practice Scenarios for Challenging Coaching Situations:**

**Getting Curious, Not Judgmental**

**Exploring the Coaching Cycle**

**Identifying Personality Traits**

**Developing Options to Change the Game**

## **Putting It All Together:**

- **Look at the Scenario**
- **Use the PAC Tools to Assess**
  - Personality Traits**
  - GEMS®**
  - Coaching Cycle**
  - Multiple Intelligences**
  - AELC**
- **Investigate**
- **Decide who you will work with**
- **Role play through your investigation**
- **Gather your data**
- **Work out a plan with your partner/team**





## Scenario #3

Upon your triumphant return to your work as a newly Certified Independent PAC Coach, your Learners have truly enjoyed working on their PAC Skills with you. Your Coaching style has stayed responsive and open, leading many of your Learners to want to spread this amazing new skill set to others.

While you truly want to encourage the spread of this information, you are concerned about how some of the Learners are sharing with others. Just yesterday, you witnessed one of your star students working to teach a brand new Care Partner how to do Hand-under-Hand®. As the new partner tried it out, you overheard your Learner say, “No, no, no! You have to do it like this!” She then took the spoon from the new partner’s hand and started working to get the person living with dementia to eat. The new Care Partner walked away from the exchange looking frustrated and surprised. How will you handle this situation?

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## **Scenario #5**

**Your PAC Coaching course was so exciting that you wanted to get started right away with everyone you know that works around people living with dementia. While the staff at your mom’s care home are willing to learn and try your new PAC Skills with your Coaching finesse, there are others who are not as keen.**

**After approaching your friend, whose mother lives in the same care home as your mother, she agrees to a few Coaching sessions with you. During the very first session she is hesitant, but you are able to get her to see an area for drills; creating a relationship without pushing her agenda. She was stuck trying to reason with her mom about going to the bathroom, which you helped her see would not be effective. After this realization, she turns very rigid and begins to be a bit gruff in her responses.**

**Her resentful nature grows when you ask her to practice the skill. She turns to you and says, “She is normally perfectly happy, I think you should leave, as you are making her upset.”  
How do you respond, and what are your next steps?**

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# Your Scenario and Plan:

Your Scenario #: \_\_\_\_\_ Your Partner/Group Members: \_\_\_\_\_

What is going on? \_\_\_\_\_

\_\_\_\_\_

Why might this be happening? \_\_\_\_\_

\_\_\_\_\_

How is this related to something you have seen/done before? \_\_\_\_\_

\_\_\_\_\_

What are some options you have? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Try one of the options (role play): \_\_\_\_\_

How did that go? \_\_\_\_\_

\_\_\_\_\_

What would you do differently the next time something like this happens? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Your Scenario and Plan:

Your Scenario #: \_\_\_\_\_ Your Partner/Group Members: \_\_\_\_\_

What is going on? \_\_\_\_\_

\_\_\_\_\_

Why might this be happening? \_\_\_\_\_

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How is this related to something you have seen/done before? \_\_\_\_\_

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What are some options you have? \_\_\_\_\_

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Try one of the options (role play): \_\_\_\_\_

How did that go? \_\_\_\_\_

\_\_\_\_\_

What would you do differently the next time something like this happens? \_\_\_\_\_

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