

# Coaching for Empowerment

## True or False:

- People who are good case managers will automatically make good coaches.
- You get people to think for themselves by sitting quietly while they talk about their problem.
- Promising to help the client completely solve their problems is the best way to motivate them.
- When you “Nail down the Problem” you are trying to make it seem less important so the client won’t be so bothered by it.
- It is important to keep the possible solutions within the realm of possibility when you are brainstorming with the client.
- When you are evaluating the possible solutions, you share with the client your opinion on how it might work.
- When you are helping the client develop an action plan for their solution, it is important to make the steps as broad as possible to give them flexibility if it doesn’t go as planned.
- One way to determine if you are acting as a coach or a case manager with a client is noticing who is doing the most talking.
- If you do not agree with the solution the client is proposing, you should guide them toward the solution you think is best.
- When problem solving, it is important to understand specifically why this is a problem for the client.