

# Sample Role-Play Exercise for Training NACS Supervisors in Coaching

1. Using a supportive supervision checklist, model a supervisory visit.
2. Introduce yourself to the “provider” and explain briefly that you are there to help solve any problems he/she has found in implementing NACS.
3. Ask the “client’s” permission to observe and explain his/her name will not be recorded.
4. Make notes on the observation checklist for use during the feedback to the provider.
5. Focus first on what the provider did well and make constructive comments (using “Do you think you could try \_\_\_\_?”).
6. Discuss observations of the nutrition assessment, counseling, etc. using the observation checklist and provide feedback to the “provider.”
7. Discuss the role-play with training participants. Stress that the objective of supportive supervision is to be constructive and helpful.
8. After the role-play, ask participants what they observed. Would they be able to use this technique in their areas of supervision? What difficulties might they experience? How would they be able to overcome them?