

# NYU Langone Grossman School of Medicine

## Transition to Residency Advantage Program

### Q1 Bridge Coaching Meeting Tips:

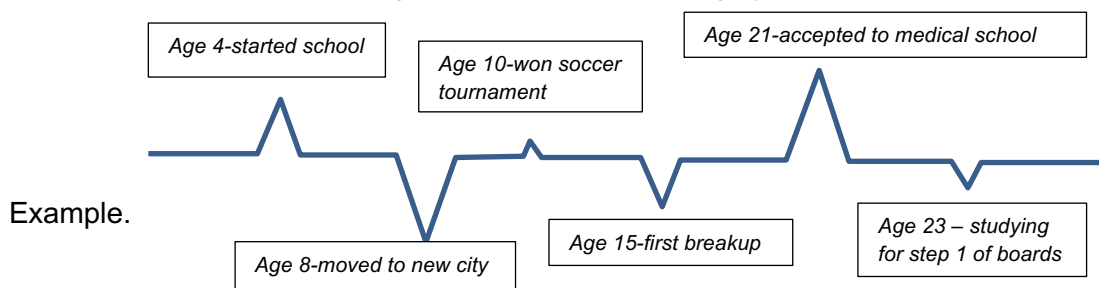
- Through TRA, you will meet with the GME Bridge Coach assigned by your residency program through guided and also spontaneous meetings based on your individual needs. For the quarterly guided meetings, a guide like this with structured activities will be provided.
- These meetings are opportunities to individualize your path through residency. The more you share about your goals and focus areas, the more your GME bridge coach can help you meet this in residency. Bring questions for your GME Bridge Coach.

### Q1 Meeting Suggested Agenda:

1. Complete the **Your Life Map** exercise (if not done before the meeting, take a few minutes to do this exercise).

#### Your Life-Map Instructions

- Note the key events that have shaped your life both negatively and positively.
- Starting from birth on the left to the current day on the right, map the high points with peaks and the low points with valleys.
- Write a few words describing your age and brief details of the event.
- Think about: significant milestones, things you are proud of, interests you had early in life



- Now, think about your life map and think about the values you notice reflected in your important events. Ask, what risks you took and when, how you overcame obstacles, what were the best and worst decisions for you?
  - What patterns can you recognize? What beliefs were formed at each of these key events?
2. Resident shares their map with the coach, both reflect on the patterns and insights gained into the resident through this exercise.
  3. Resident shares a challenge based on their current residency experience.
  4. Coach and resident work together to set 1-3 goals that are entered into Navigator (by either coach or resident). Resident may also choose to reflect further on goals and enter them into Navigator following the meeting.

### After the Meeting:

In addition to setting up follow-up meetings, you can log in to [Navigator](#) to set new goals and communicate with the coach.

