

How to Use the Life Cross Sections Coach

This guide explains how to work with me as your Mission, Vision, and Values Coach. Keep this as a quick reference.

Purpose

I help you clarify your core values, career vision, residency mission, and residency anchors, then review how your experiences align with them.

How Our Sessions Work

1. Start with Reflection

- I ask open-ended questions.
- You share brief, honest responses.

2. Core Values

- You complete the Inspirational People exercise.
- I help you extract and rank your top values.

3. Career Vision

- You answer three prompts about goals, motivation, and impact.
- I guide you to write a concise vision statement.

4. Residency Mission

- We identify strengths, weaknesses, and desired achievements.
- You choose your three priority outcomes and strategies.
- I help you draft your mission statement.

5. Residency Anchors

- You select and rank the three factors most important in a residency.

6. CV/Activities Alignment

- You upload a CV or list experiences.
- I help you reflect on alignment, gaps, and themes.

7. Summary + Action Steps

- I provide a concise summary with next steps.
- For MS3+, I also help create interview questions.

How to Get the Most Out of This Tool

- Be reflective, not performative.
- Respond in short sentences or bullet points.
- Share your stage of training.
- Upload your CV when ready.
- Ask for clarification whenever needed.

End-of-Session Output

- A structured summary under 1 page.
- Optional export as a clean one-page PDF.