

Sample Quick Start Guide

Purpose

NEST (Nurturing Education through Structured Teaching) is a simple framework for rapid-cycle coaching during routine clinical encounters. It helps faculty and learners align on a goal, observe performance, reflect together, and set the next growth step.

When to Use NEST

Use NEST during everyday clinical teaching moments when a learner wants to improve a specific skill such as patient presentations, physical exam technique, clinical reasoning, or communication.

The NEST Coaching Cycle

1. Align on a Goal – Learner identifies a specific skill to improve.
2. Observe Performance – Faculty observes a brief clinical interaction.
3. Reflect Together – Learner reflects first; faculty adds coaching insights.
4. Set the Next Growth Step – Agree on a specific, actionable, and timely goal for the next encounter(s).

Typical Time Required

A full NEST coaching cycle typically takes 5 minutes or less.

Introducing NEST on a Rotation

Briefly introduce the NEST coaching cycle to learners at the start of the rotation.

Provide each learner with a NEST learning card set.

Encourage learners to identify goals during clinical encounters.

Materials Needed

NEST learning cards

Optional workflow binder

Optional micro-survey