

YMC Demo: Note Taking Worksheet

Use this worksheet to take notes while you watch YMC demos. Follow the points below to help guide your awareness to key points of the model. (Not all areas will be relevant to all demos.)

Horizontal Coaching

Key Parts:
Key Parts Dynamics (Polarizations, Coalitions, etc):
Possible Trailhead(s):

Vertical Coaching

Primary Trailhead:	
Unblending Technique(s):	Befriending/Powerful Questions Used:
Resolution (Healing Place, Agreements, Updating, etc):	

Yoga Intervention

What yoga intervention would you give to this client based on the resolution? Why this intervention?
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