

Stages of Learning

Non-driver = unconscious incompetence

Beginner = conscious incompetence

Just passed driving test = conscious competence

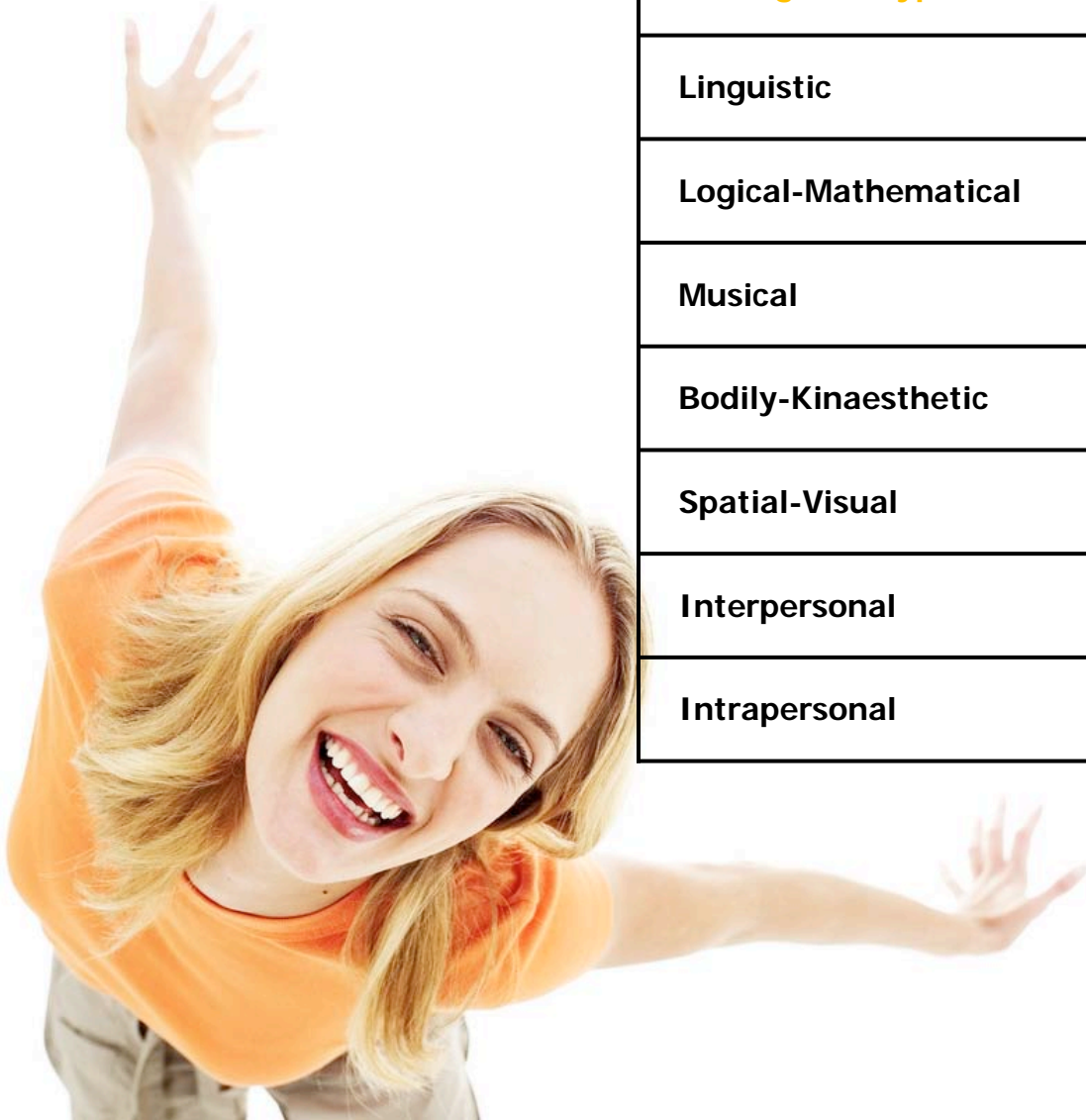
Drive (or drunk driver!!) = unconscious competence

driver who gets to work without remembering the way



Multiple Intelligences (MI)

Intelligence Type	Capability and Perception
Linguistic	words and language
Logical-Mathematical	logic and numbers
Musical	music, sound, rhythm
Bodily-Kinaesthetic	body movement control
Spatial-Visual	images and space
Interpersonal	other people's feelings
Intrapersonal	self-awareness





- **V**isual

- **A**uditory

- **K**inaesthetic

Left Brain

- Words
- Logic
- Maths
- Reasoning
- Speaking

Right Brain

- Creative
- Visual
- Colour
- Dimension
- Musical

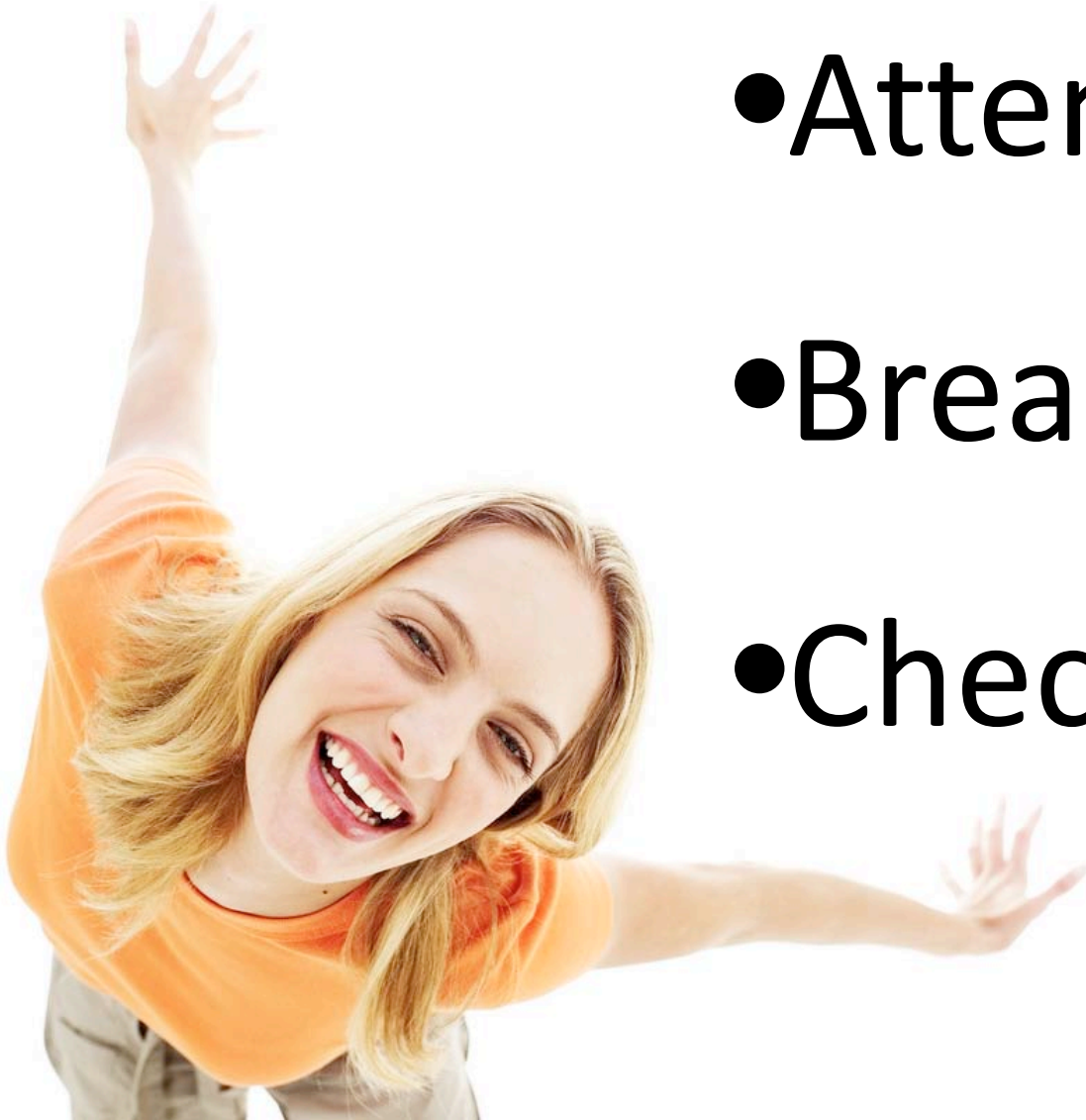


Retaining Information

- Reading 20%
- Hearing 30%
- Seeing 40%
- Saying 50%
- Doing 60%
- **Seeing + Saying+ Doing 90%**



- Attention
- Breakdown
- Check



Transfer of Learning

- **Coaching**
- **Support**
- **Re-enforcement**
- **Praise**
- **Test**
- **Practice (24hrs, Weekly, Monthly)**



5 P's of Preparation

- Props
- Presentation
- Personally
- Place
- Participants



- Verbal 'tics'
- Watch out for furniture
- Avoid closed or tense body positions
- Pacing and leaning are OK
- Great Eyes & 'Light House'
- Don't read your notes



Overcoming Nervousness

- Breathe
- Practice, Practice, Practice
- Connect with audience
- Focus on the message
- Do some exercises
- Visualisation



Brain Waves

- Beta State – Alert
- Alpha State – Relaxed Awareness
- Theta State– Meditation
- Delta State– Deep Dreamless Sleep
- 60-80 beats per minute (BPM)
- Baroque 1600-1750

