Coaching Training

Section 6



Notes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stage 1: **Unconscious Incompetence**

• You don’t know what you don’t know.

• When unconsciously incompetent you simply aren’t \_\_\_\_\_\_\_\_ that you’re not able to do something.

For example, a young child isn’t \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ of the fact that they can’t drive, because they haven’t even considered the process of driving.

Stage 2: **Conscious Incompetence**

• At the next stage, conscious incompetence, a person becomes aware of their existing \_\_\_\_\_\_\_\_, recognizing flaws and weak areas.

For example, the child becomes a teenager and becomes \_\_\_\_\_\_\_\_ that he or she can’t drive like slightly older teenagers or their parents.

• This is a vulnerable time that leads to a fork in the road. They will begin to \_\_\_\_\_\_\_\_ with incompetence or reject it.

Stage 3: **Conscious Competence**

• This is the beginning of the habit building stage. It takes \_\_\_\_\_\_\_\_ thought to be competent.

• This is where \_\_\_\_\_\_\_\_ improves, and effort is more conscious and deliberate.

The teenager has passed their driving test but still has to think about how they go about driving.

• It takes focus and repetition over time to build \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ and muscle memory.

Stage 4: **Unconscious Competence**

• Finally, the person arrives at being unconsciously competent, where natural, \_\_\_\_\_\_\_\_, higher levels of performance are achieved entirely unconsciously.

Think of how that teenager has grown up to be you, and now think about your experience of driving.

• This is the stage that \_\_\_\_\_\_\_\_ begins to skyrocket.