



ART OF COACHING PODCAST™ EPISODE 251
MY BEST TIPS FOR LEARNING MORE EFFECTIVELY & EFFICIENTLY

What tasks/ projects are coming up that can help you separate the "nice to know" from the "need to know?" This bang-for-your-buck distinction will help you keep things relevant to your present situation.

You don't get smarter by absorbing information. There has to be an output. What opportunities are available for you to teach or apply the information you're taking in? If none, how can you create those opportunities for yourself?

Research shows our memory is fallible. What is your current system for indexing your notes? Write out your plan of attack as an accountability tool for the next piece of information you take on. If you have any helpful tools for this, the AoC community would love to hear them! Please share them with us at <https://artofcoaching.com/contact-us/> and see them up on our @aocoaching Instagram page in the near future!



The 4 phases of Kolb's Experiential Learning model are:

- 1: Concrete Experience
2. Reflective Observation
3. Abstract Conceptualization
4. Active Experimentation

Using this tool, create a step-by-step plan to outline your next learning objective.

Make a list of your learning preferences and your ideal learning environment. What steps do you have to take to intentionally create that environment for yourself? If reasonable, structure it into your schedule now to help you prioritize it.

Click [HERE](#) to watch my presentation on using these principles to **Create the Optimal Coaching Environment.**



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



Art of Coaching Podcast™
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