

You + (+)

Keith Lyons

At the end of an intensive camp ...

Some ideas to support your continuing learning journey.

The title:

You ... your life story

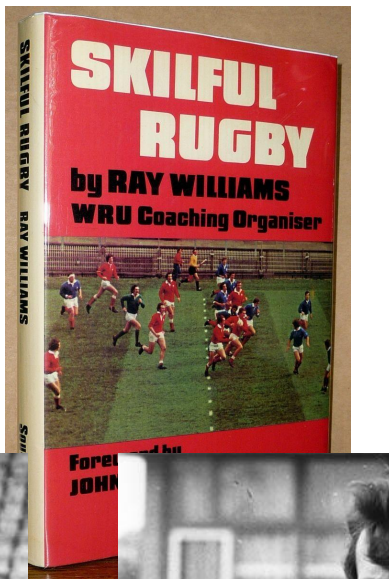
+ ... the qualifications you have been awarded

(+) ... the magic that builds on You +





[Link](#)



Human distinguish themselves by being able to learn through observing successes they have not yet had. This type of self-modeling is known as **feedforward**, an image of future mastery.

Critical Friend



What's the difference between a Sat Nav and an Xbox and what relevance do they have to coaching?

Though there are probably many, one is the Sat Nav works on instructions and the Xbox on intentions.

The question for a coach is which works best and is there a time and place for both? Sat Navs get you to your destination quickly, requires minimal thinking from the driver and are effective providing you put the right destination at the start.

On the downside, if you put in the wrong destination, you end up in the wrong place and because it has involved no thought on your behalf, you have no idea how you got there and more importantly how to get back on track.

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Education is what the system does to you.

Learning is what you do to yourself.

