

# TALKING POINTS

by POSITIVE COACHING ALLIANCE

## WEEK ELEVEN: TEACHABLE SPIRIT REVISITED

- The first trait of a Triple-Impact Competitor® is having a Teachable Spirit.
- One's Teachable Spirit is easy to get in touch with early in the season when the possibilities are endless. It's harder to focus on late in the season. However, there is as much to learn late in the season as early. A Triple-Impact Competitor has staying power and continues to learn throughout the season.
- Having a Teachable Spirit means that you can salvage something useful from any situation. If someone gets angry with you, you examine the criticism to see what you can learn from it. And you try to understand why this person is angry so you learn what sets him/her off in the future.
- There is a natural set of steps everyone has to go through to learn a new skill:
  - 1st: Unconscious Incompetence:** You don't know how to do something but you don't know that you don't know so you are satisfied. Ignorance is bliss.
  - 2nd: Conscious Incompetence:** Here you have learned that you don't know how to do something and it is unpleasant. People who don't have a strong Teachable Spirit often quit at this stage because they don't like feeling uncomfortable.
  - 3rd: Conscious Competence:** Here you know how to do something but you must concentrate to be able to do it. If you lose concentration, you will fail to do it.
  - 4th: Unconscious Competence:** Now you can do the skill without having to think about it all the time. This is a very fun place for an athlete to be and a Teachable Spirit helps you get to here.
- The other thing about having a Teachable Spirit is that it is FUN to learn new things. And it's fun to be able to do something new that you couldn't do before.

### Discussion Points

- **What are the top one or two things you have learned already this season?**
- **What one or two things can you focus on to get better at in the last weeks of the season?**
- **Can you commit to engaging your Teachable Spirit for the rest of the season so you can end the season with a flourish?**

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For more information on Positive Coaching Alliance, visit [www.PositiveCoach.org](http://www.PositiveCoach.org)