THE MYTHS OF HIGH PERFORMANCE

Myth # 1: Learning curve = Rocky road

Bob Palmer, High Performance Trainer

Many training approaches/trainers indicate right at the outset that the student will see diminished performance initially, with greater performance once a new skill is implemented.

It is true that the notion of a learning curve exists, but telling your student that there will be a learning curve has both a risk and a benefit. The risk is that by saying it you will make it true. The expression comes to mind, if you believe something to be true or not, you are right. It may be an instructor’s experience that 90 per cent of their clients struggle, but there will always be that 10% who “get it” immediately.

The challenge for the trainer is to fine-tune their training techniques so that most of the clients learn quickly. Or, you are left with the main reason for coming up with myths like this one: It’s like an insurance benefit for you the instructor and a great way to cover your derriere when you fail.

Solution: Go with the flow and enjoy the learning process where everything is feedback and everything is fixable. And learn some strategies to make learning fun and easy.