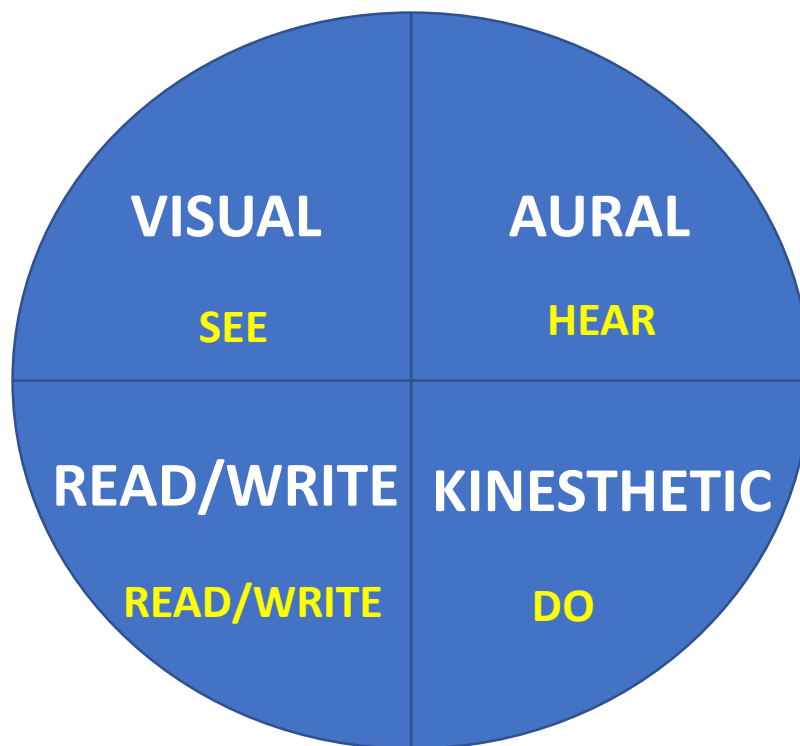


LEARNING STYLES

Coaching Tip: Use Pictures & Diagrams

- Fast Talkers
- Impatient
- Use words and phrases that evoke visual images
- See & visualise



Coaching Tip: Use Verbalisation

- Slow speakers
- Natural Listeners
- Linear Thinkers
- Prefer explanation than text
- Listen & verbalise

Coaching Tip: Use Text and Whiteboard

- Prefer written text
- Emphasise text-based output
- Enjoy reading and writing

Coaching Tip: Demonstrate Skills

- Slowest Talkers
- Slow to decide
- Use all senses to engage in learning
- Do and solve
- Prefer hands on approaches
- Learn through trial and error

There are a number of different learning styles. Individuals may have a dominant style of learning with far less use of other styles. Others may find they use different styles in different circumstances. There is no right mix, nor are your styles fixed. As a coach, it is important to use a variety of coaching styles to adapt to the athletes learning needs.