Coaching for Driver Education

Hermes

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www.performanceconsultants.com
They ...
Treated me as an equal
Listened to my point of view
Believed that I could ...
Challenged me
Fun, enthusiasm
Safe, cared for, support
Trust, respect
Gave me time and full attention
Emotional Intelligence (EQ) is an attitude, a way of being

Coaching is a behaviour, the practice of EQ

Both are valuable life skills which can be developed
The opponent within one’s own head is more daunting than the one on the other side of the net.
Our performance equals our potential minus our internal interferences, of which fear of failure is the greatest.
The primary goal of the coaching is to eliminate the internal obstacles to performance, learning and enjoyment.
AWARENESS

“Self-Realised High Quality Relevant Input”

RESPONSIBILITY

“The Choice to Commit to take Action”
At all times when in the car, the driver should be given choices.

All in car physical action should be a natural choice, not prescribed.

The only exception to both is an emergency, or the potential for one.

Only this way will self-responsibility be learned and fully embodied.
The Player’s Goal

We seek Bio-mechanical efficiency, not Technique, that is one size fits all. We all differ in strength, flexibility etc, Best practice never is so. Fosberry, Borg, Moss etc. did it their own way.
Coaching Essentials

Questions build Awareness and Responsibility; commands or instruction lowers both.

Choice making builds Responsibility; instruction, blame and criticism lowers it.
MAP of COACHING

KEY PRINCIPLES
Awareness and Responsibility

SKILLS
Effective Questioning
Active Listening

STEPS
G - GOAL  What do you want?
R - REALITY What is happening now?
O - OPTIONS What could you do?
W - WILL  What will you do?
Effective Questions

Compel attention, thought, observation
Focus for clarity, detail and precision
Are genuinely non-judgemental
Brief, clear and unambiguous
Create a feedback loop
G  What more do you want?
R  Exactly what is happening now?
O  What else could you do?
W  Precisely what will you do?
Driving is ultimately what you DO, a physical activity.

The problem with young inexperienced drivers is their uncontrolled EMOTIONS.

Cognitive knowledge or THINKING is only a part of the picture.

We must address the whole integrated system of Mind, Body and Emotions as one. We are biased towards intellect.

**COACHING: A WHOLE SYSTEM**