

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



RELATIONSHIPS

- 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”**



OUR WORKING CONTEXT

- 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?



COACHING: A WHOLE SYSTEM

- 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.

