



TEACHABLE MOMENTS



TIP #1: PUSH LEARNERS OUTSIDE THEIR COMFORT ZONE

Arguably the greatest NBA player of all time (“GOAT”) and a teacher to many in the game, Michael Jordan wanted a new challenge. Executives of the White Sox paired Jordan with a seasoned professional to accelerate his learning curve defensively as an outfielder. This demonstrates the key to learning, developing and growing: *Get outside your comfort zone.*

Questions to ask yourself:

1. What decisions am I making that intentionally push me intellectually and emotionally?
2. How am I doing the same for those around me?



TIP #2: APPEAL TO LEARNERS' (PERSONAL AND PROFESSIONAL) INTERESTS

Look for ways to tie key messages to life lessons so you can grow and pass what you have learned to others who may be interested.

Questions to ask yourself:

1. As the “teacher”, do I know what the learner's passions are?
2. How can I find messaging in the hobbies and activities that person embraces?
3. How can I use the information as tools (or metaphors) that inspire growth and development?



TIP #3: LOOK FOR POSITIVE, TEACHABLE MOMENTS IN ADVERSE SITUATIONS

The coronavirus has been a great teaching tool for all of us. Life as we once knew it has changed forever. We must take a step back and determine how to “pivot”.

Questions to ask yourself:

1. How can I continue to solve problems and help my clients and colleagues?
2. Are new and creative methods and approaches required?



TIP #4: ACTIVELY SEEK LEARNING

The old adage of “It's not what you know but who you know” could never be truer than now. Leverage the relationships you have to grow personally and professionally.

Questions to ask yourself:

1. How can I build on the trust I have established to widen my sphere of influence?
2. How can I identify additional development opportunities?



TIP #5: RAISE LEVELS OF SELF-AWARENESS

In order to be a better communicator, coach, manager and leader, you first have to know yourself. In other words, self-assessment leads to greater self-awareness.

Questions to ask yourself:

1. What makes me “tick”?
2. What are my strengths and “blind spots”?
3. What motivates me?
4. How do I behave during times of conflict?

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