

NOTES
Self-Coaching for Drivers

“People live up to what they write down.” – Robert Cialdini, *Influence*

Please write down what I write on the whiteboard during the webinar, and add any other notes that are meaningful to you. You’ll also find a blank page titled Q&A. This is meant for you to jot down the questions that pop into your head throughout the webinar (please ask them by typing them into the Chat area), plus the answers you want to make note of.

Coaching?

Coaching Process

1. _____
2. _____
3. _____
4. _____
5. _____

What drivers want/struggle with:

1. _____
2. _____

Toolbox

Hard Tools

- _____
- _____
- _____
- _____
- _____

Soft Tools

- _____
- _____
- _____
- _____

**WHAT
Need-Specific**

- _____
- _____
- _____
- _____
- _____ :
- _____
- _____
- _____
- _____
- _____ :
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Technique-Generic

- _____
- _____
- _____
- _____
- _____

- _____:
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- _____
- _____
- _____
- _____
- _____
- _____

HOW

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Resources

- Self-Coaching Questions
- Coaching Plan Templates
- If All Else Fails...
- Track map
- Debrief Form – example, template
- Virtual Track Walk videos
- eBooks: *Mental Imagery Guide for Drivers*, *How to Learn a Track Fast*
- Webinars
- *Speed Secrets 4: Engineering the Driver* book

Q & A

ADDITIONAL NOTES