

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.

What are my strengths – what do I do well with my driving?

If there were just 3 things that I could improve with my driving, what would they be?

1. _____
2. _____
3. _____

Coaching? What is it? How can I use Self-Coaching?

Coaching Process

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

What is “Deliberate Practice”?

What drivers want/struggle with:

1. _____
2. _____

What are the 2 ways I can approach coaching myself?

1. _____
2. _____

Toolbox

Hard Tools

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Soft Tools

- _____
- _____
- _____
- _____
- _____
- _____
- _____

WHAT Need-Specific

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

Identifying what to focus on...

Technique-Generic

- _____
- _____
- _____
- _____
- _____

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

HOW

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Challenge-Belief Matrix

“Coaching With Data/Video”

Resources

- Self-Coaching Questions
- Coaching Plan Templates
- If All Else Fails...
- [Track map](#)
- Debrief Form – example, template
- [Garmin Catalyst 5-15-1 Process](#)
- [Virtual Track Walk videos](#)
- [SpeedSecrets.ai](#)
- [eBooks](#): *Mental Imagery Guide for Drivers*, *How to Learn a Track Fast*
- [Speed Secrets 4: Engineering the Driver](#) book
- [Webinars](#)

Q & A

ADDITIONAL NOTES