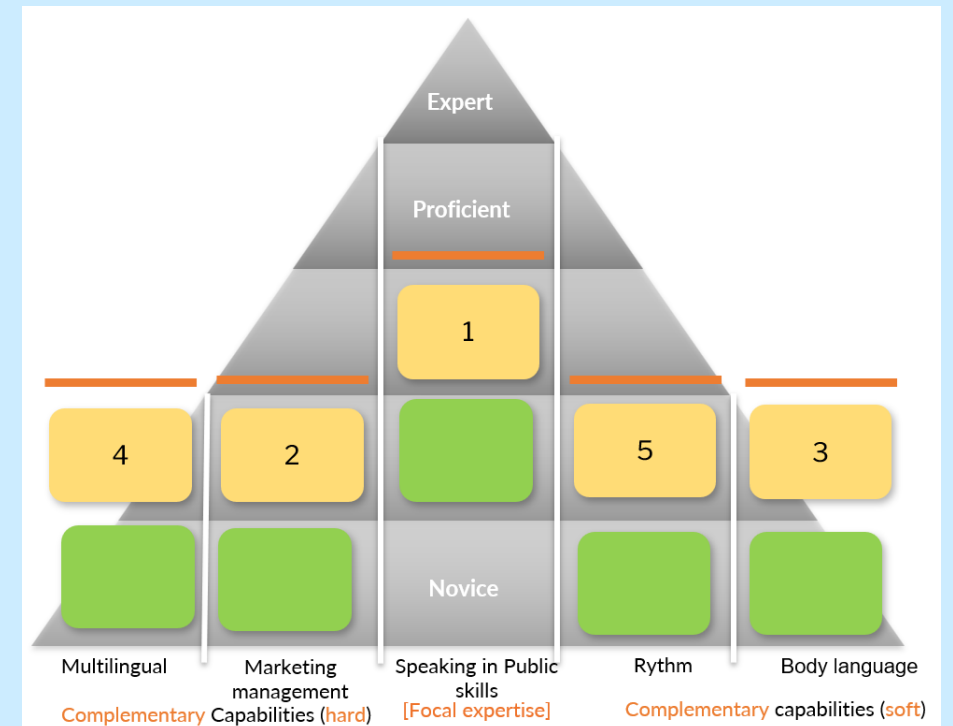
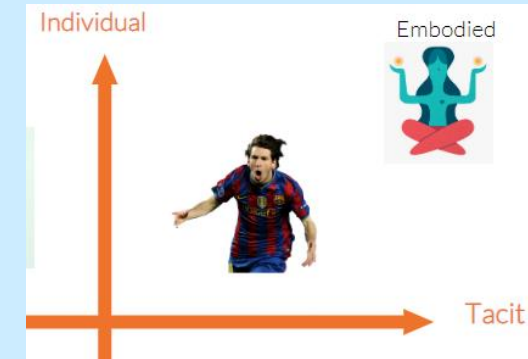
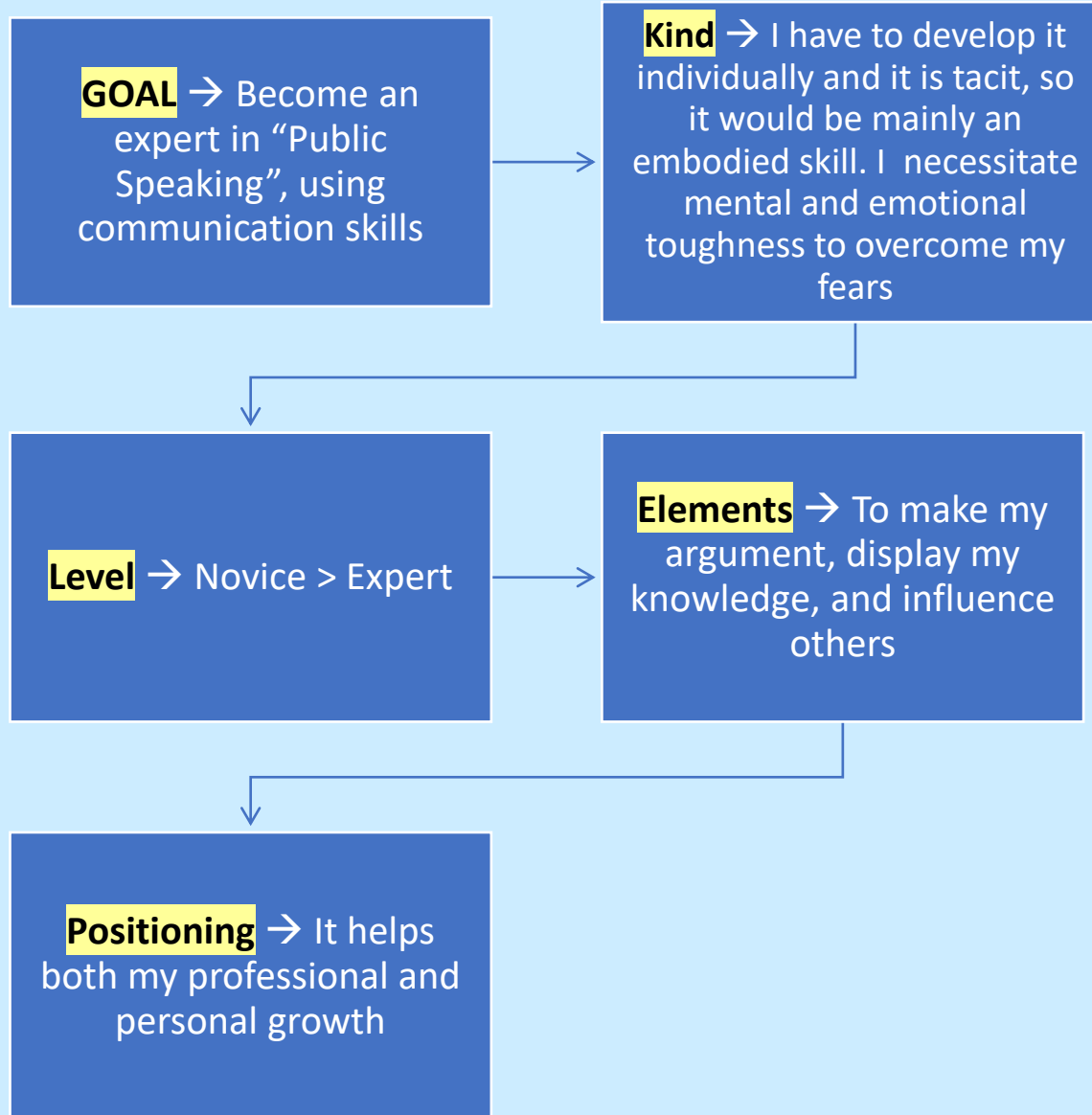




# WHAT?



# WHY?

## OPERATIONAL

- Increase my self-esteem
- To have more confidence in myself
- Help me stay organized
- Improve my writing
- Enhance my interpersonal communication skills

## STRATEGIC

- Professional and personal growth
- Comfortable in front of crowds
- Persuade others

ALIGNING THE WHY'S -----> **FULLY driven**

By enhancing my interpersonal skills, increasing my self-esteem and my confidence, I would be able to persuade others and grow professionally and personally



Hermann's whole-brain model

# WHO?

## PREFERENCES

## FEARS



Need my time to start learning something new



Make a lot of preparations and plans



After some time, I usually experience distress



Get upset easily if things do not go as I had planned



Learn better with people who know less than I do



First one challenge and then another!

- Avoid/procrastinate on unpleasant tasks
- Very perfectionist and methodical
- Try to earn acceptance by helping others
- I do not like conflicts, so I prefer to say yes even to things that I do not like that much
- I Like to do things the best, and sometimes is not possible!

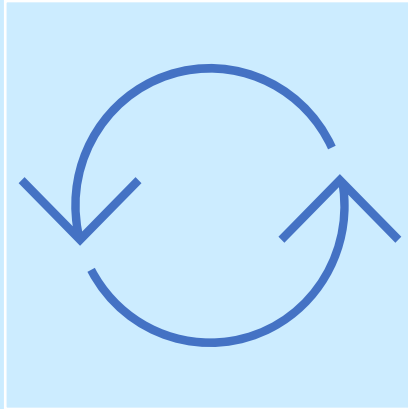
### STRUCTURAL THINKING (B)

Sequential, organized, detailed and planned learner

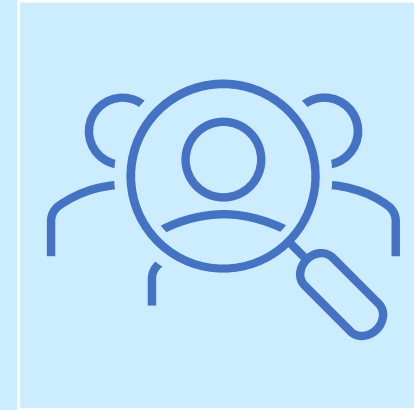
- Experiential fears → Bad feedback in some presentations

- Existential fears → Not giving the best out of me, self-deception

# HOW?



## DELIBERATE PRACTICE & FEEDBACK



Taking into account my kind of “what” (embodied) and my learning preferences (“who” - B), deliberate practice is crucial to develop my public speaking skills. Practicing will also allow me to learn from failure

Knowing my skills as a speaker, as well as the areas where I may improve, is critical to my progress as a presenter. Build on my strengths and address my weaknesses will lead to success in public speaking!

## SUPPORTING LEARNING METHODS

- Observation and copying from experts
- Learning with people that are not better than me.  
This make me feel more confident

# WHEN?



It will take me around 5 years to achieve the desired level of expertise



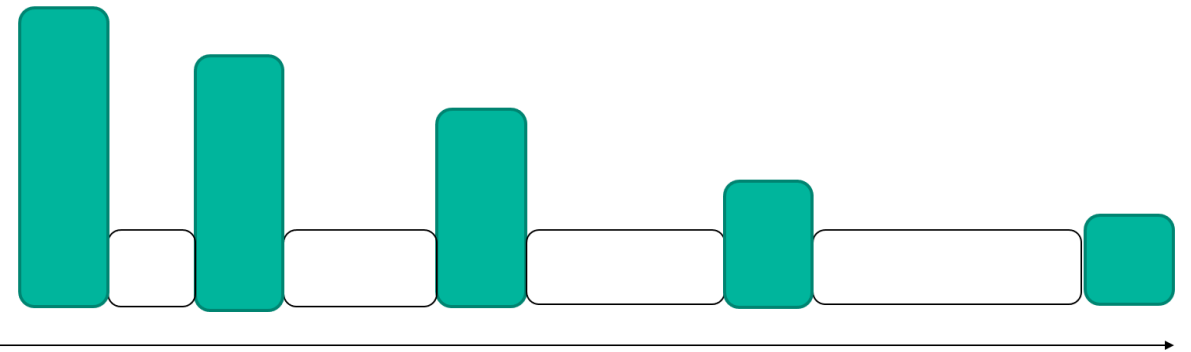
To achieve that I should practice speaking in public, at least, once per month



I should not do it very intense because then I would feel overwhelmed and I would not enjoy the benefits of this learning challenge



I have in mind to practice this type of skill in work-related areas; however, I should also look for more activities beyond that.



In the first phase I will learn and develop my skill a lot

Secondly, after not so much time, I will continue learning a lot and be really focused on developing this skill

In the third phase, my learning will continue but it will start decreasing with time

Learning is decreasing and there is more time from one time to another in this process

I think I Will never stop learning and developing this skill, however, over time, it will not be anymore my main focus

# WHERE?



**SOCIAL** context → With the help of others I would be able to develop further my learning challenge

**PHYSICAL** context → By stimulating me going to new places and meeting new people would be also beneficial, as I would have to face the fact of speaking to others and to be more open



**INSTITUTIONAL** context → I would learn techniques and real experiences from professionals

**DIGITAL** context → Not a very useful way to learn for me, but I could implement some new tools in my learning challenge

