

4 Steps of learning

MBM

Example:

Un-Consciously Competent

An experienced driver - I do it without releasing like 'second nature'.

Consciously Competent

A new driver on a 'P' plate - I do it with some considered effort.

Consciously Incompetent

The day before you take your first driving lesson - I am aware I can't do it.

Un-consciously Incompetent

How you view driving as a 6 year old - I don't know I can't do it.

As you start your journey to further a skill we wanted to share with you a simple model for knowing where you are. The model is called the, '4 steps of learning'. It is a model based on NLP (Neuro Linguistic Programming) and helps us identify how far we have come and how far we have to go in learning something new.

Through repeated actions, you build unconscious competence. You build an unconscious part that knows how to accurately repeat and perform the learned behaviour. This might be a physical behaviour, an emotional behaviour or a cognitive behaviour. You can end up with habits and patterns of physiology, feeling or thought.