



Lead from Intuition. Act with Influence.

info@inrshoes.com to learn more of our coaching programs.

THE 4 STAGES OF GUTSY GROWTH

There is a well-accepted learning theory whispered in the learning model of psychology. We all have a star we're shooting for, a personal success mission if you will. Psych experts believe if you step through each of the below four stages, you are well on your way to achieving that breakthrough goal. That is, as long as you are open to learning the skills to get you there (*most give up somewhere around Stage 2 ½*).

Turning these steps into action is easier said than done, but well worth it if you are ready to try something new – not a bad way to kick off a New Year or gutsy breakthrough goal.

Stage 1: Unconscious Incompetence

This is the stage where you have no insight on how to do something and here's the rub, you are not even aware that you are incapable. You rebuff any value in learning a new skill in order to achieve success. This could be deemed the intimidating stage as you are knee deep in denial. Until you accept its value and (*ahem*) your own incompetence, you will be unable to move onto Stage 2.

Stage 2: Conscious Incompetence

Here your eyes are wide open. You recognize that you don't know how to do something but that it is relevant to what you are trying to achieve. You have turned over a new leaf and are eager to keep failing until you learn the skill well.

Stage 3: Conscious Competence

You are now at the deep end of the pool. Not only have you learned how to perform this skill, you are now working on perfecting it. You are in deep concentration but still taking baby steps to get there. Keep going, your game is on.

Stage 4: Unconscious Competence

You have had so much practice that the skill is now second nature. If asked, you could do it in your sleep. You are ready to pay it forward, teaching others your wisdom and essential lessons learned. Find your passion, accept your failures and most of all – enjoy it.

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When you consider the things that you want in your life where you will need to learn a new set of skills and engage in new experiences, which stage are you in? Starting from Stage 1 is where all of us start! Give yourself permission to start now and as you inch your way forward, your confidence will rise and you in turn will take on more risk over time until you reach Stage 4 as an expert and leader of *influence*.

“Give a man a fish and you feed him for a day; Teach a man to fish and you feed him for a lifetime. “

Marisa

Struggling with owning your authority and/or gaining visibility? Feeling a disconnect with how you are being perceived? Want to show up confidently as the professional EXPERT who remains RELEVANT?

Leverage your QUIET POWER while remaining authentically YOU.

LEARN MORE. START HERE.