

Deliberate Practice One-Pager

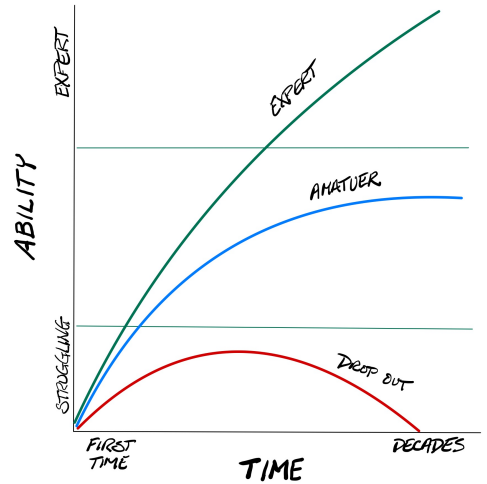
WHAT is Deliberate Practice?

Deliberate Practice is engagement in structured activities created specifically to improve performance in a given domain.

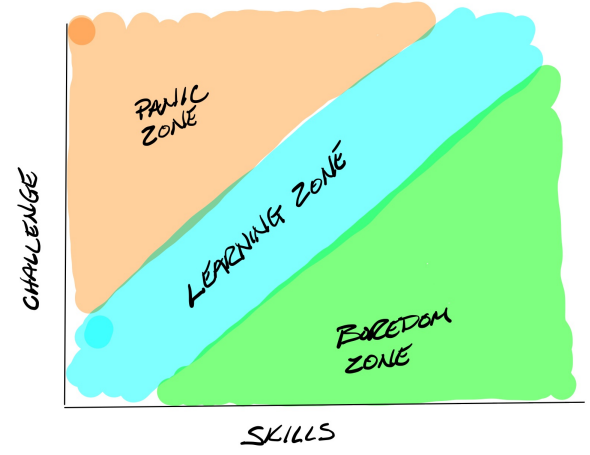
WHY use Deliberate Practice?

It improves accuracy and speed of performance on cognitive, perceptual, and motor tasks and helps to maximize our potential.

The Road to Expertise



Conditions for Deliberate Practice



Types of Practice

- DELIBERATE PRACTICE**
Intense and guided by expert feedback
Guided by well-developed mental models
Focused on very specific deficiencies
World-class ability is possible
- PURPOSEFUL PRACTICE**
Goal-oriented
Formulating a plan with sub-tasks
Done with intent to improve
Considerable improvement is possible
- NAÏVE PRACTICE**
Just putting in the minutes
"One and done"
Not particularly goal oriented
Little hope of long-term development



Tips & Traps

- Deliberate practice is **not** the same as work
- Deliberate practice is **not** the same as play
- Deliberate practice is **not** the same as rote repetition

Definition of Success

Characteristics of Deliberate Practice

- Designed to Improve Performance
- Can be Repeated a Lot – Focused on Weaknesses
- Requires a Coach and Feedback is Continuously Available
- Highly Demanding, Can't Level up Until Mastery is Demonstrated.

Continued Learning Recommendations

- Peak:** Secrets from the New Science of Expertise; Anders Ericsson, Robert Pool
- Toyota Kata:** Managing People for Improvement, Adaptiveness and Superior Results; Mike Rother
- Outliers:** The Story of Success; Malcom Gladwell

