



# Creating a Learning Atmosphere

Space, stuff, and stimulation



# What makes one want to learn?

1. Connection to the subject matter
2. Belief that it can benefit them
3. Confidence that they can improve and/or use the information given

# What conditions foster this mindset?

1. Process oriented
2. Understanding of strengths
3. Leveraging weaknesses
4. Asking instead of telling
5. Fostering Independence/ autonomy
6. Directing focus, excitement
7. Accessing interest in the 'now'
8. Breaking down and building up

# What manipulations do you have at your disposal?

Space

Stuff

Observations

Human Interaction

- 1 on 1 vs. group

# Space - Defined or Undefined?

Experience matters toward comfort

- Gyms, fitness centers, studios, stadiums
- Population that inhabits them

Public or private

Outdoors or indoors

More open and undefined = more possibility (large open space)

Defined attracts identifying participants (basketball, powerlifting, etc.)

# Space - The Teacher's Pull Towards Sameness

Personal responsibility not to keep up but find meaning

## GROUPS:

Homogeneity is limiting

Shared space can carve out 'autonomy pockets'

The ability to place themselves reveals observable behavior and interpretation of task

## INDIVIDUALS:

Them mirroring towards you following

# Space - Safety Element

Being seen, watched

Risk encouragement/ aversion

Familiarity

Goal is to switch to open adaptation

- Being able to move/ do in any environment

# Stuff - Known vs. Unknown

Similar to space constructs

---Successful history will make them want to use in the way they know how

---Unsuccessful history will make them turn away from

Watch how they interact with objects first (known or unknown, assumptions)

Show both how they might use knowns differently

- Ask familiar/ likes about details (how do you spin, dribble, pass, etc.)
- Ask unfamiliar/ dislikes about what else they might be used for
  - Blank stares/ "I don't know" need help, either/or options
  - They will choose which way to go from there
  - Behavior will dictate preference and adoption into novelty



# Stuff - the Constant Reminder

**“The ‘stuff’ works for US.”**

*[Also works for games]*

- We can make or break the rules
- Dismantle and reconfigure

# There is safety in sameness

Numbers

Know how

Habits/ routine

COMFORT - will linger longer

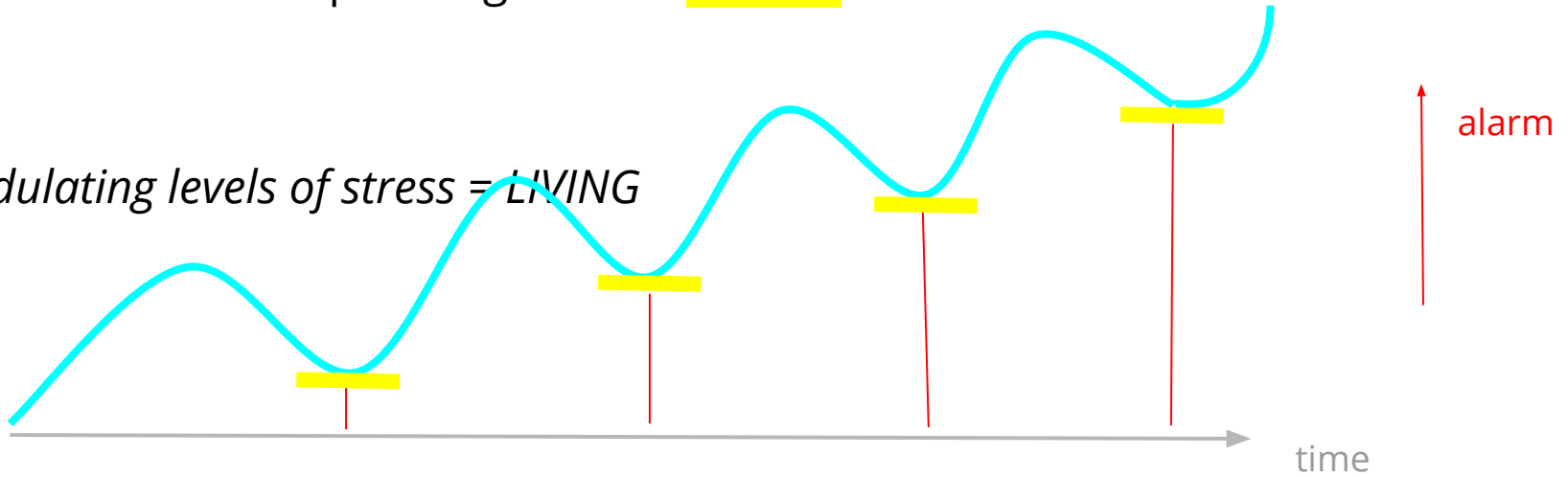
The implementation of novelty/ different immediately stands as a challenge

- Perception of risk, threat
- Flight, fright, or freeze

# Safety Shrinks - Recurrent Intolerable Stress

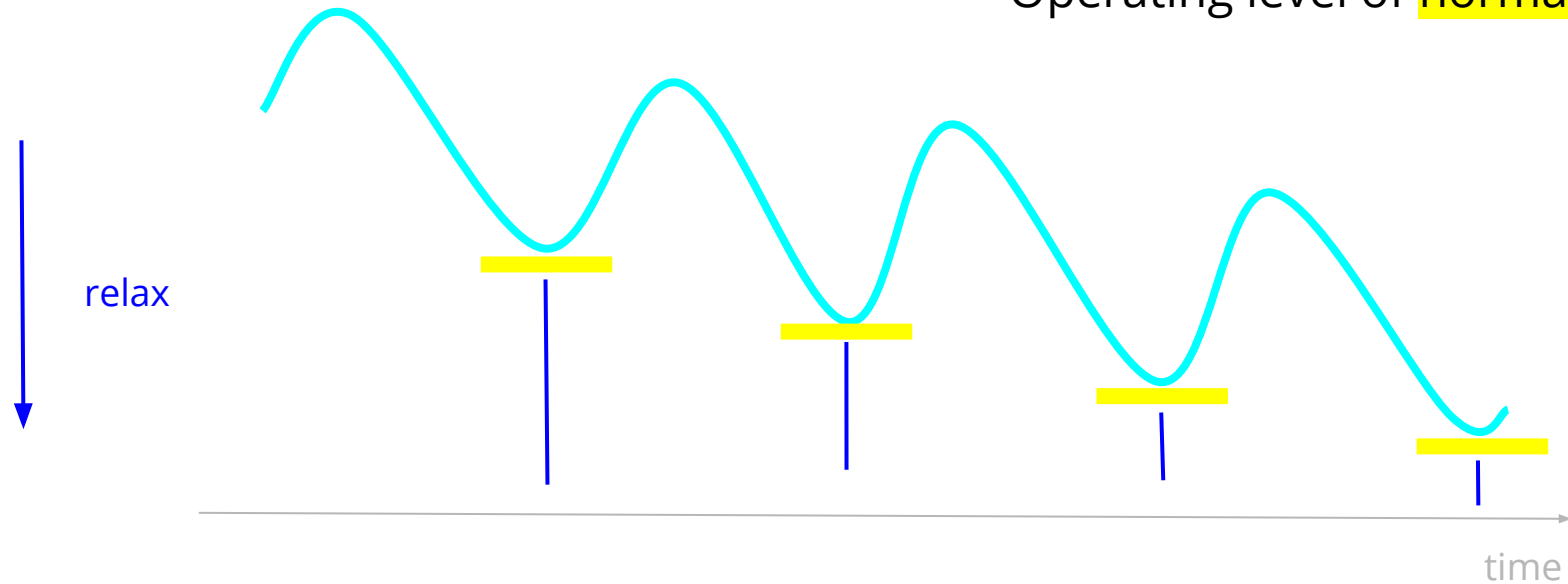
NEW AS RISK = Operating level of **normal** rises

*Undulating levels of stress = LIVING*



# Safety Expands - Repeated Tolerable Stress

Operating level of **normal** drops



Valley deficit = resolution. Calms.

# Safety & Stimulation

*Are you ready to receive something new?*

- Novel as a perception of threat (or intrigue)
  - What does your history, past experience suggest?
- Too much or too little stimulation
- Excited vs non-excited state
  - Goal is the ability to learn/ take in input during all/ each?
  - Tethering ability to energy levels, demonizing sides
  - Continually ramping up not sustainable

**What do you value most in your current state?**

Can we value WHAT IS (less than ideal) as an opportunity to keep expanding?

# New as a Chance for MORE

Fear of incapability

Inadequate = less than

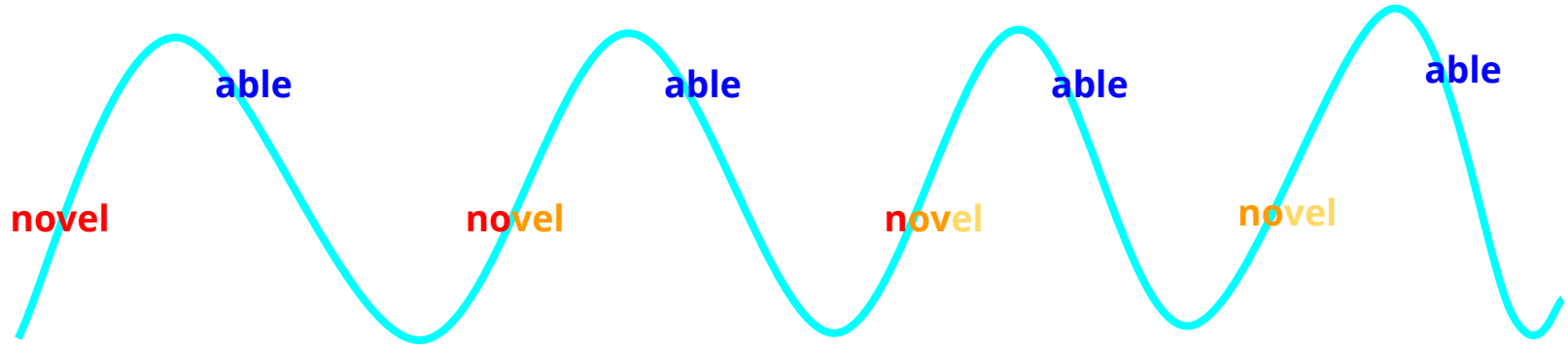
Fixed versus dynamic state of being

Shoring up weaknesses increases integrity, ability, and resilience of *system*

- Can get through, figure out
- Everything is trainable

Only playing to strengths/ knowns as a narrowing identity/ mindset

# Safety Expands - New as Adding Ability



Stimulation waves.

NEW AS INTERESTING/EXCITING

# Learning is the expansion of ability

Comes from NEW

- Bits to blocks, breakdowns
- Spirals and context

Experience

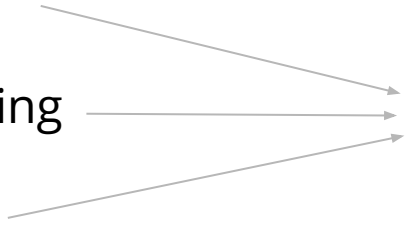
Understanding

Application

Communication

SELF = MEANING

OTHERS = PURPOSE





# Progress - Regress Procedural Loop

*What can you do with what you have?*

**Honest assessment of *here*..**

- Body Truth, Objective certainty

**... Combined with a full appreciation of directional possibility..**

- Non-linear, perception of 'anything'

**... Dictates real-time trajectory towards desired *there***

- Continual progress (constant act of orienting, determining course of action)  
May be stop, rest, go back

# It Looks Like What it Looks Like

Unforced

Natural

Product of person, interaction at *this* moment, circumstance

IT DOES NOT NEED TO LOOK LIKE ANY PARTICULAR THING OR WAY

It will become what it should become.... LET IT.

# Role is to Keep the Mental-Physical Loop Going

Not fixing or telling, but asking

Only stepping in when there is an 'interactive clog'

- Giving it more time often lets it remedy itself
- Manipulating variables of space, stuff, and novelty
- Offering ideas you allow them to reject

Provide options and points of attention

- Reflective of who is in front of you
- As detailed and nuanced as they are real-time ready to receive

# Constantly adjusting the zoom

What are you observing? Why?

Behavior, compliance, motivation -- *Do they like it? How do you know?*

Toggling between problem solving and problem seeking

- Heightened sensitivity toward potential negative disruption
- Loose, flexible planning
- Analyzing good as well as bad
- Anticipating needs, next steps

Let go of what you think you know; direct efforts to what most matters to *them*

Have you gotten enough to consider and play with for a while?

Anything else you might need?