God, Bedre, Bedst

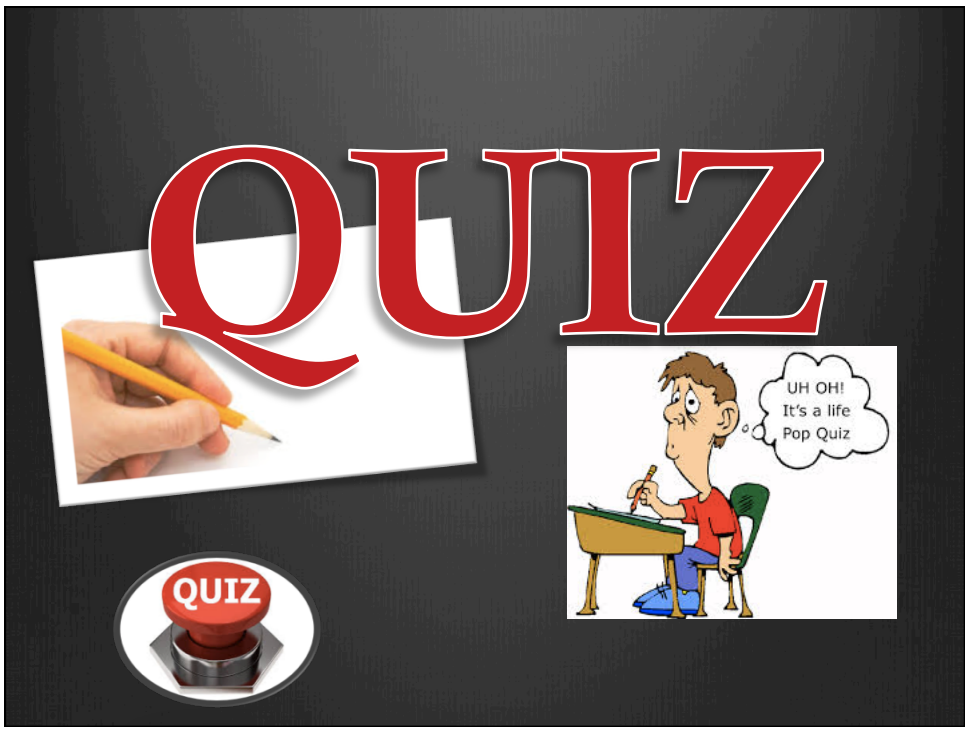
- Hemmeligheden bag toppræstationer

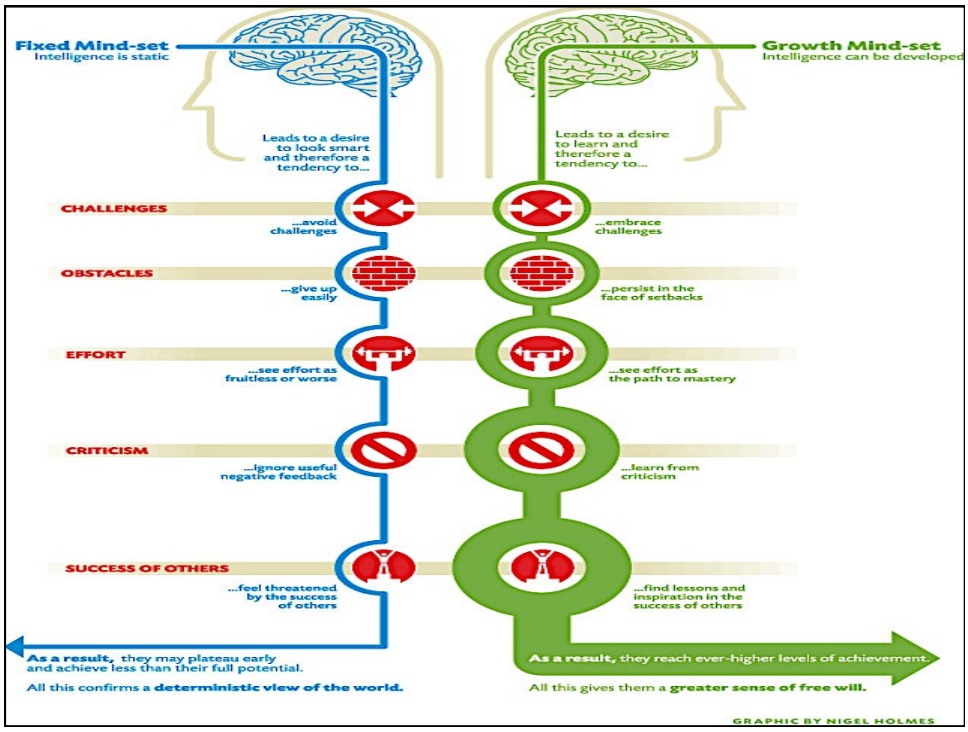
God – Bedre - Bedst

Psykolog

Vocal coach

TOP
PERFORMERS
facebook


QUIZ
QUIZ
UH OH!
It's a life
Pop Quiz


Fixed Mind-set
Intelligence is static
Growth Mind-set
Intelligence can be developed
Leads to a desire to look smart and therefore a tendency to...
Leads to a desire to learn and therefore a tendency to...
CHALLENGES
...avoid challenges
...embrace challenges
OBSTACLES
...give up easily
...persist in the face of setbacks
EFFORT
...see effort as fruitless or worse
...see effort as the path to mastery
CRITICISM
...ignore useful negative feedback
...learn from criticism
SUCCESS OF OTHERS
...feel threatened by the success of others
...find lessons and inspiration in the success of others
As a result, they may plateau early and achieve less than their full potential.
All this confirms a deterministic view of the world.
As a result, they reach ever-higher levels of achievement.
All this gives them a greater sense of free will.
GRAPHIC BY NIGEL HOLMES

God – Bedre - Bedst

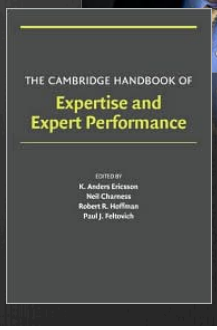
God – Bedre - Bedst

We still say as Homer did that great performers are inspired, meaning that their greatness was breathed into them by Gods or Muses. We still say they have a Gift, which is to say their greatness was given to them, for reasons noone can explain by someone or something apart from themselves

- Geoff Colvin

God – Bedre - Bedst

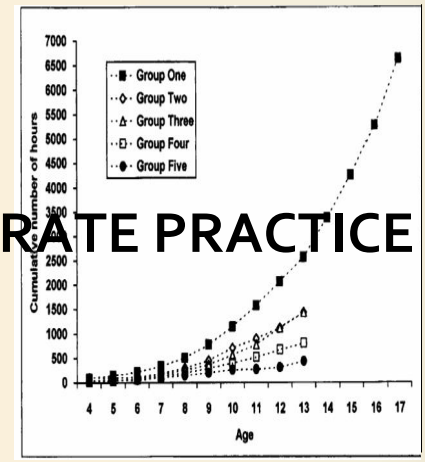
- Viden fra litteraturen omkring Expertise and Excellence. K. Anders Ericsson: 10.000 timers deliberate practice
- Uden for comfort zone
- Coach / feedback



SUSANNEBARGMANN.DK

Nevertheless the traditional view of talent, which concludes that successful individuals have special innate abilities and basic capacities, is not consistent with the reviewed evidence. Efforts to specify and measure characteristics of talent that allow early identification and successful prediction of adult performance have failed. Differences between expert and less accomplished performers reflect acquired knowledge and skills or physiological adaptations effected by training, with the only confirmed exception being height.

- Ericsson & Charness, 1994

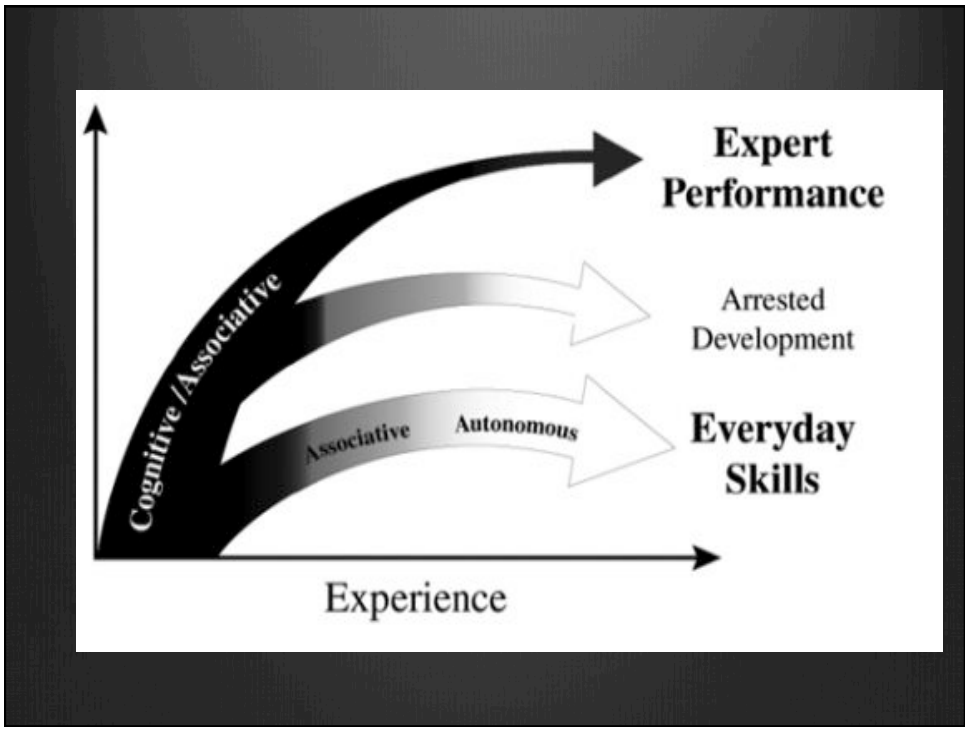


DELIBERATE PRACTICE

AS WELL AS...

PIANO
SURGERY
RADIOGRAPHY
TEACHING
PROGRAMMING
SOCCER
TENNIS
SINGING...

Th

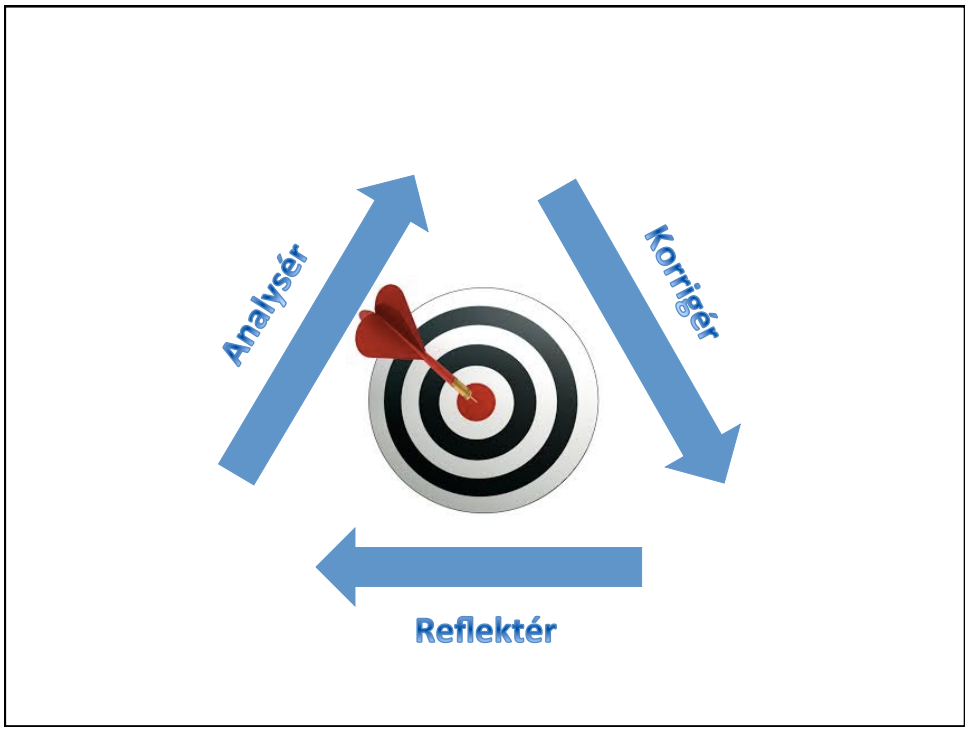


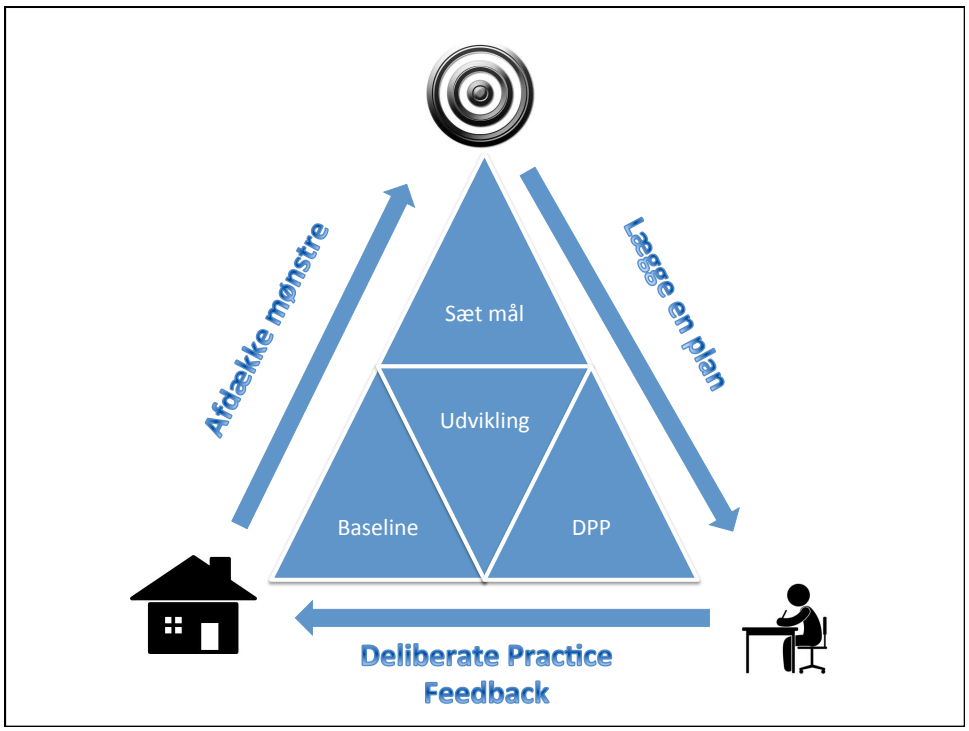
God – Bedre - Bedst

Exhibit 1

A Comparison of System 1 and System 2 Thinking

System 1 "Fast"	System 2 "Slow"
DEFINING CHARACTERISTICS Unconscious Effortless Automatic	DEFINING CHARACTERISTICS Deliberate and Conscious Effortful Controlled Mental Process
WITHOUT Self-Awareness or Control	WITH Self-Awareness or Control
"What You See Is All There Is"	Logical and Skeptical
ROLE Assess the Situation Deliver Updates	ROLE Seeks New/Missing Information Makes Decisions


Analysér
Korrigér
Reflektér


Afdække mønstre
Lægge en plan
Sæt mål
Udvikling
Baseline
DPP
Deliberate Practice
Feedback