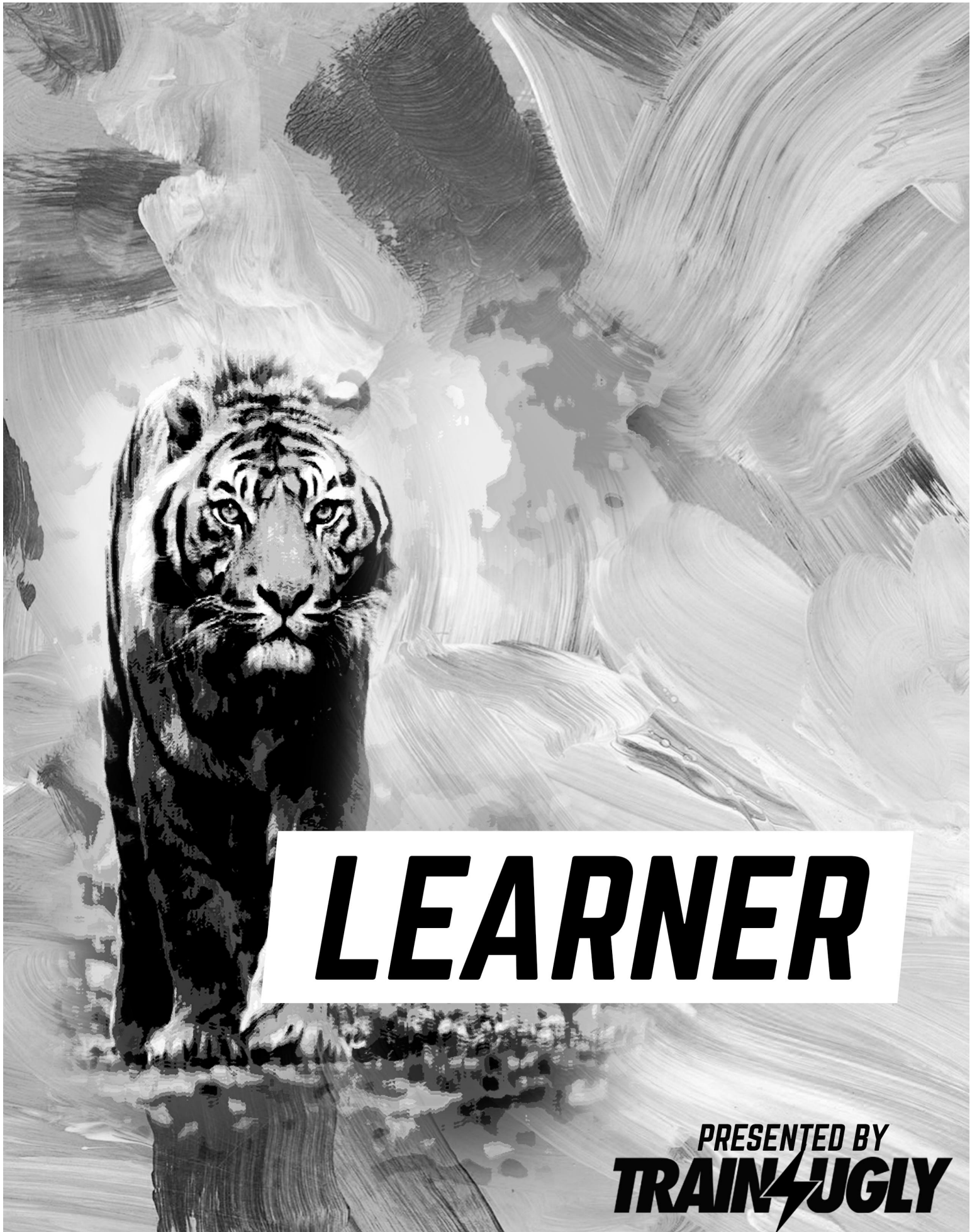




LEARNER

PRESENTED BY
TRAIN  UGLY

I am not here to tell you what to do, how to live your life, or act like I know anything about you or your experiences.

I am here to share some interesting and powerful topics about learning with you.

I can't wait to learn and discuss all of this together.

I appreciate this opportunity more than you know.
I'm going **to absolutely bring it.**

Let's do it!

A handwritten signature in black ink, appearing to be 'Trev', with a stylized, cursive-like script.

Trev

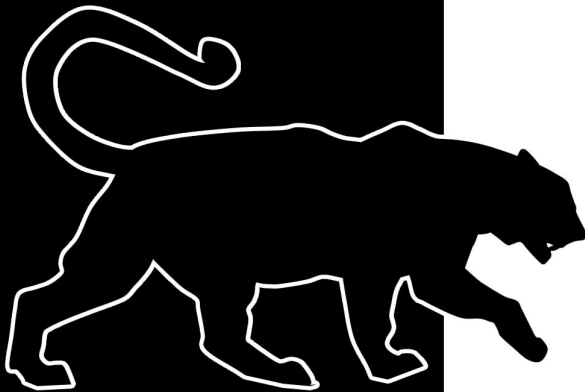
COMFORT ZONES

COME IN ALL SHAPES AND SIZES

THEY CAN BE:

A PERSON
A GROUP
A JOB
A STORY
A SKILL
A PLACE

THE ZOO
OUR COMFORT ZONE



HOW LEARNING WORKS

THE WILD
WHERE WE LEARN AND GROW

JUNGLE TIGER MOMENTS
ANYTHING THAT STRETCHES US OUT OF
OUR COMFORT ZONES

EXAMPLES:

CHANGE
A CHALLENGE
STRUGGLE
ADVERSITY

THESE ARE ALL LEARNING OPPORTUNITIES

**WE ARE BUILT TO
LEARN LIKE JUNGLE
TIGERS (AND WE KNOW THIS)**

YET



**WHEN WE'RE
PRESENTED WITH A JT
MOMENT WE USUALLY
CHOOSE TO HIDE IN
OUR CAGE**

WHY IS THAT?



THE RESISTANCE

**COMES
FROM
STORIES
AND FEAR**

WHY WE CHOOSE
COMFORT OVER
GROWTH

THE KEY TO BECOMING A GREAT LEARNER IS TO SPEND MORE TIME OUTSIDE OF OUR COMFORT ZONE

(WHERE WE ARE STRETCHED, FACE CHALLENGES, STRUGGLE, AND STUMBLE)



**WHICH MEANS
WE NEED TO
OVERCOME
THE RESISTANCE**

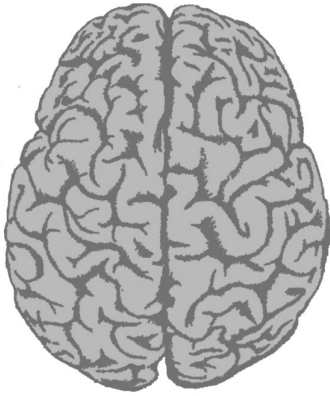
(STORIES AND FEAR)



**WE DO THAT BY WINNING THE
BATTLE BETWEEN OUR EARS**

(AND THAT IS WHAT WE'RE HERE TO TALK ABOUT)

THE MINDSETS



FIXED



SKILLS = BORN



**I CAN'T
(OR DON'T HAVE TO)
LEARN AND GROW**



GROWTH

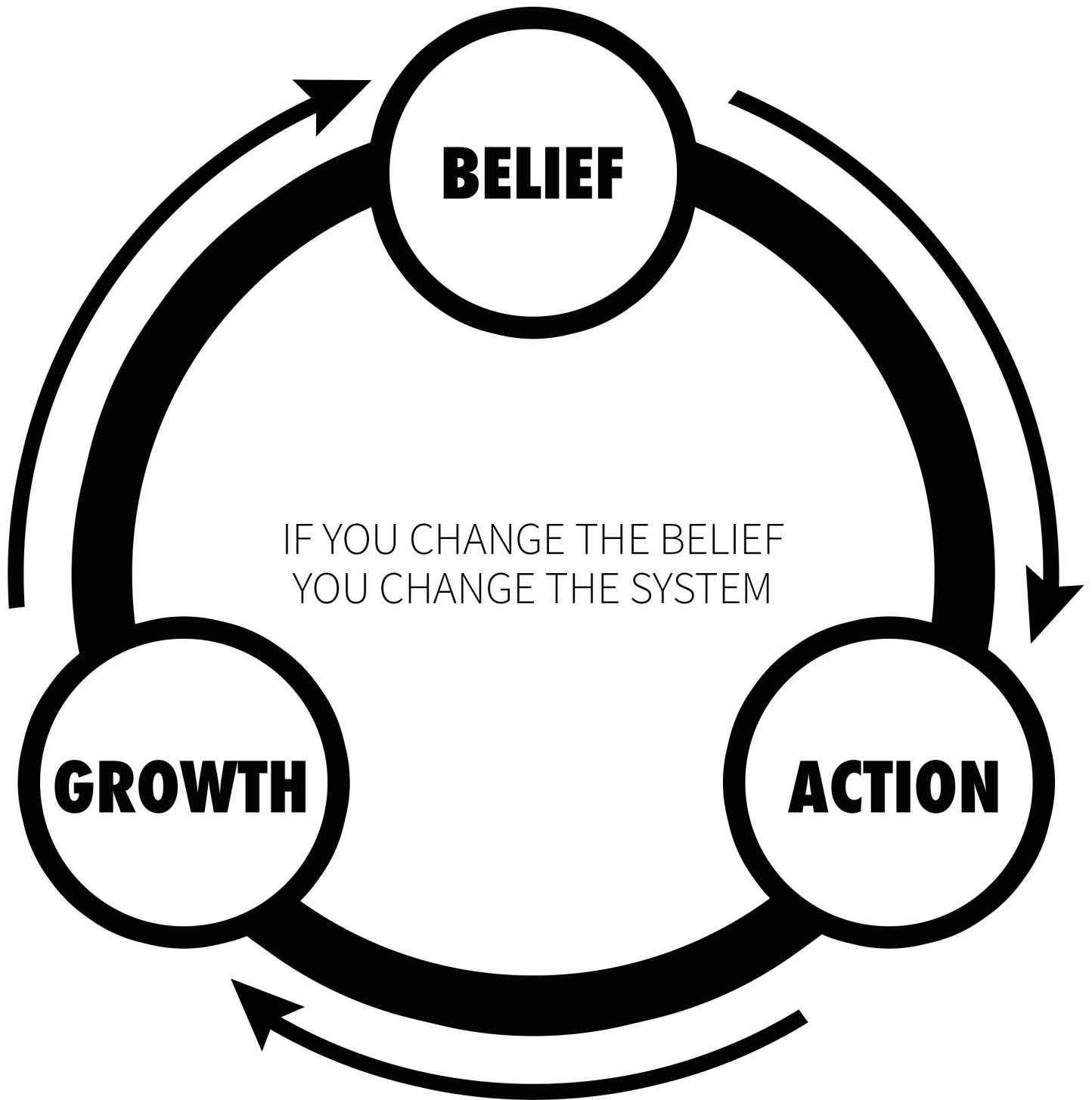


SKILLS = BUILT



**I CAN
LEARN AND GROW**

THE SFCOHTGGAS



(SELF FULFILLING CYCLE OF HOW TO GET GOOD AT STUFF)

[illegible]

THE LIMITING BELIEFS WE HEAR
AND TELL OURSELVES ABOUT SKILLS AND
OUR CAPACITY TO LEARN AND GROW

**OUR LIMITING
BELIEFS AND
STORIES CAN
ROB US OF THE
REPS AND
EXPERIENCES
NEEDED TO
GROW.**

RATHER THAN TELL AND LISTEN TO STORIES ABOUT LEARNING
WE SHOULD FOLLOW WHAT THE SCIENCE SAYS

BELIEFS

SCIENCE
~~STORIES~~

KEY POINTS FROM THE SKATEBOARDING VIDEO

WHAT DOES NEUROSCIENCE SAY ABOUT LEARNING?

KEY POINTS FROM 'YOUR BRAIN IS LIKE A MUSCLE' CONCEPT

KEY POINTS FROM THE RAT STUDY

WHAT IS MYELIN AND WHY DOES IT MATTER?

**SKILLS
ARE
BUILT
NOT
BORN.**

(AND THEY ARE YOURS IF YOU EARN THEM)

**STORIES
BUILD OUR
CAGE,**

**FEAR
KEEPS
US IN IT.**

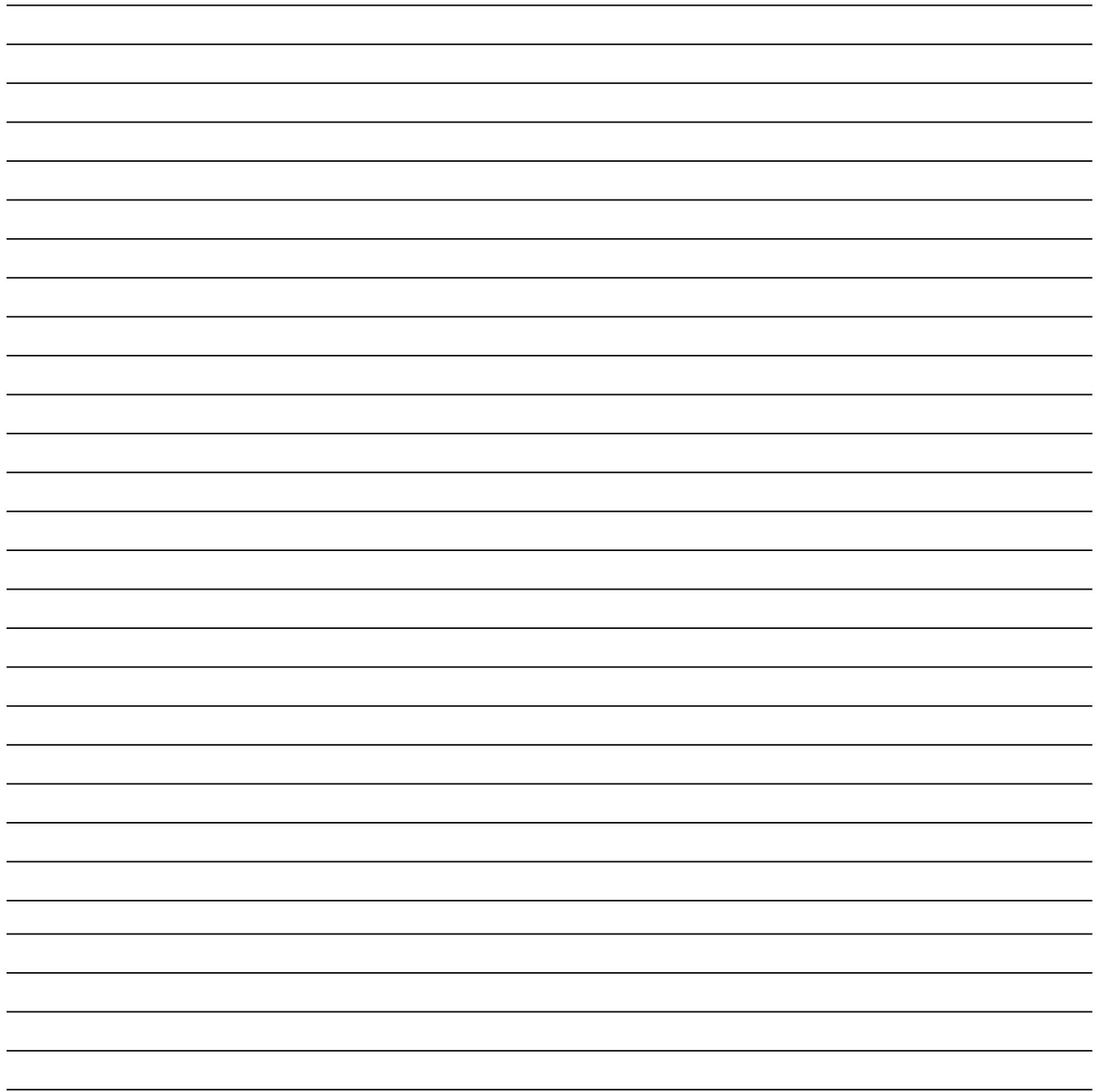
FEAR

(COMES FROM THE LIZARD BRAIN)

**AND ROBS US OF
IT MOMENTS**

**ALL OF THE
TIME.**

FEARS

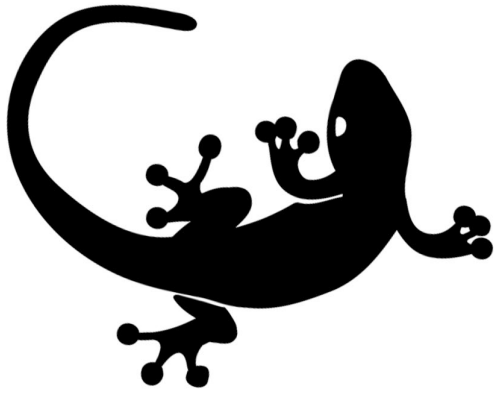


A series of horizontal lines for writing, enclosed in a rectangular frame with a dot at the top left and bottom right.

OUR DEFAULT RESPONSE TO THE
UNKNOWN, THINGS OUTSIDE OF OUR
COMFORT ZONES, & LEARNING IN THE WILD

FEARLESS IS A SHAM.

FEEL THE FEAR. EMBRACE THE FEAR.
IT'S A SIGN THAT YOU'VE ESCAPED
THE ZOO. GO DANCE WITH THAT
LIZARD BRAIN!



LIZARD FOCUS

THESE FEARS AND THE OBSESSION WITH LOOKING GOOD COME FROM OUR **LIZARD BRAIN**.

LIZARDS TAKE OUTCOMES PERSONALLY. THEY WILL DO ANYTHING AND EVERYTHING TO FIT IN, PLAY IT SAFE, AND AVOID STRUGGLE

FEELING THE RESISTANCE DOES NOT MEAN YOU AREN'T READY - IT JUST MEANS THAT YOU'RE HUMAN.

WE WILL NEVER GET RID OF THE FEAR BUT WE CAN LEARN TO **USE IT AS A COMPASS**.

WHEN IT COMES TO LEARNING IT'S USUALLY BEST TO **DO THE OPPOSITE OF WHAT THE LIZARD BRAIN SAYS**.



LEARNER FOCUS

GREAT LEARNERS ARE **MORE CONCERNED WITH LEARNING AND GROWING** THAN THEY ARE WITH LOOKING GOOD.

SURE - THEY LIKE PERFORMING WELL AND LOOKING GOOD. LEARNERS TAKE OUTCOMES SERIOUSLY.

BUT THEY KNOW THAT **OBSESSING OVER OUTCOMES AND RESULTS IS PRETTY MUCH THE WORST WAY TO GET MORE OF THEM**.

INSTEAD THEY FOCUS ON THE PROCESS OF GROWTH. AND BECAUSE OF THIS THEY END UP LEARNING MORE AND PERFORMING BETTER.

**LOOKING GOOD AND GETTING BETTER
ARE TWO DIFFERENT THINGS -
AND THEY USUALLY DON'T HAPPEN
AT THE SAME TIME.**

LEARNERS

ARE GOOD AT LEARNING BECAUSE
THEY ARE **DOWN TO STRUGGLE.**
THEY UNDERSTAND THAT THEY ARE
ALWAYS GOING TO **BE BAD FIRST**
AND THEY ARE **MORE OPEN TO**
CHALLENGES AND LIFE OUTSIDE OF
THEIR COMFORT ZONES.

LIZARDS

HAVE TROUBLE LEARNING BECAUSE
THEY **HATE TO STRUGGLE.** THEY
MIGHT WANT TO LEARN AND GROW
BUT THEIR **FEAR OF FAILURE AND**
OBSESSION WITH PERFECTION
HOLDS THEM BACK. THEY CHOOSE
COMFORT AND EASE OVER
CHALLENGES AND GROWTH.

BELIEVE IN YOURSELF. YOU ARE A LEARNING MACHINE. WITH TIME AND HARD WORK YOU CAN GET BETTER AT ANYTHING. TRY NEW THINGS. TAKE RISKS. MAKE MISTAKES. FALL DOWN. ASK QUESTIONS. EMBRACE THE PRESSURE. FEEL THE FEAR, AND DARE GREATLY. LET IT RIP. SPEAK UP. BUST OUT OF YOUR COMFORT ZONE. ALWAYS REMEMBER THAT GETTING BETTER IS NOT PRETTY. THAT YOU ARE GOING TO BE BAD FIRST. THAT GROWTH COMES FROM STRUGGLE. THAT SKILLS ARE BUILT, NOT BORN—AND THEY ARE YOURS IF YOU EARN THEM, PERIOD. SEEK OUT CHALLENGES. APPRECIATE OBSTACLES. LEARN LIKE A SCIENTIST. DON'T EAT THE MALLOW. LOVE THE JOURNEY.

TRAIN UGLY

**FOR MORE
CHECK OUT TRAINUGLY.COM**

Thank you so much for
this opportunity. Please reach
out if you need anything
in the world.

Thank you for doing what you do.

Trev

(RIP ME OUT)

WE WANT TO BE SCIENTISTS WITH THESE WORKSHOPS AND WOULD LOVE SOME FEEDBACK FROM YOU! IF YOU TAKE 17 SECONDS TO FILL THIS OUT IT WOULD BE HUUUUGE!

WHAT DID YOU LIKE ABOUT THIS WORKSHOP?

WHAT COULD BE BETTER?

WHAT WAS THE MOST IMPORTANT THING THAT YOU LEARNED?
