

GOTO Berlin 2018

Accelerated Learning: How Agile Can Help You?

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**When was the last time
you did something for the
first time?**



Accelerated learning techniques

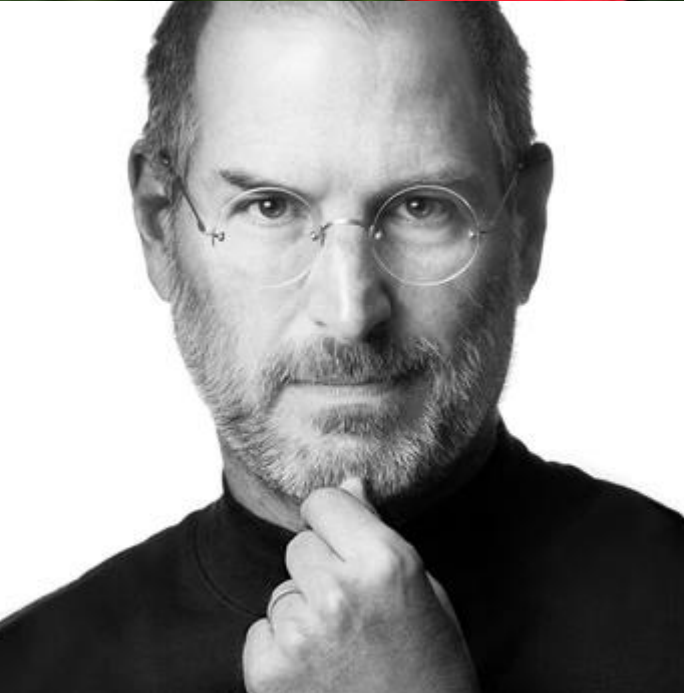


NUMBER OF HOURS
NEEDED
TO LEARN SOMETHING



10,000 HOURS









5 steps

1. DECIDE WHAT YOU WANT



2. DECONSTRUCT THE SKILL



3. RESEARCH THE SKILL JUST ENOUGH



4. REMOVE BARRIERS



5. PRECOMMIT TO PRACTICE AT LEAST 20 HOURS



The First 20 Hours

1. DECIDE WHAT YOU WANT
2. DECONSTRUCT THE SKILL
3. RESEARCH THE SKILL JUST ENOUGH
4. REMOVE BARRIERS
5. PRECOMMIT TO PRACTICE AT LEAST 20 HOURS



THE FIRST 20 HOURS • HOW TO LEARN ANYTHING... FAST | JOSH KAUFMAN

A visual book review by Sacha Chua (@sachac) • <http://sach.ac/first20> • July 5, 2013

Rapid Skill Acquisition

Not:
Training
Education
Credentialing

1. Choose a **lovable** project. excited!
2. **Focus** your energy on 1 skill at a time. someday maybe
3. Define your **target** performance level.
4. Deconstruct the skill into **SUBSKILLS**.

DE CON STRUCT

skill
subskill subskill subskill subskill

LEARN

Practice intelligently self-correct

5. Obtain **critical** tools.
6. Eliminate **barriers** to practice. pre-practice effort
resources
distractions
emotional blocks
7. Make dedicated **time** for practice. Keep a time log

RE MOVE

physical barriers mental barriers emotional barriers

8. Create fast **feedback** loops. coaches/mentors
video training aides
9. Practice by the **clock** in short bursts. 20:00 x 3-5
10. Emphasize **quantity** and speed. 80-90% good

PRACTICE

the most important subskills for at least 20 hours

Effective Learning

1. **Research** the skill and related topics.
2. **Jump** in over your head.
3. Identify **mental models** and mental hooks.
4. Imagine the **opposite** of what you want.
5. Talk to practitioners to set **expectations**.
6. Eliminate **distractions** in your environment.

7. Use spaced repetition and reinforcement for **memorization**.

8. Create **scaffolds** and **checklists**.
9. Make and test **predictions**.

10. Honor your **biology**.

Practical examples:

yoga { } programming touch-typing Go ukulele wind-surfing

first20hours.com

60-90min → then break! ☺ or 20min 10min 20min 10min

Sacha Chua
sach.ac



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Overview on some other techniques, examples and ideas

EXPERT IN A YEAR.

THE ULTIMATE
TABLE TENNIS CHALLENGE

SAM PRIESTLEY
& BEN LARCOMBE



EXPERT IN A YEAR

What do you want to learn?

In a year you can get better than
99 out of every 100 people you
meet on the street.
But it may take another 9 years to
beat that final person.

Jack
Woodman

DAY 8

APRIL 4 2017

1:10 / 6:07

First Year Guitar Progress - Playing Metallica "One" for 1 Year (including Hammett solo)

1.403.098 visualizações

42 MIL

2,3 MIL

COMPARTILHAR



Próximo



REPRO

Laugh
'ABSO
Britain'
2.2 mi

“At first, it was very hard to make myself practice every day, but as soon as I started seeing progress it motivated me more and more. So now I want to share it with everyone.”

Therese Trollbu

Week 1

2 Years



THE DAN PLAN





the
TIM FERRISS
experiment



HUMOR AT WORK

Andrew Tarvin



“Learning is a contact sport.”

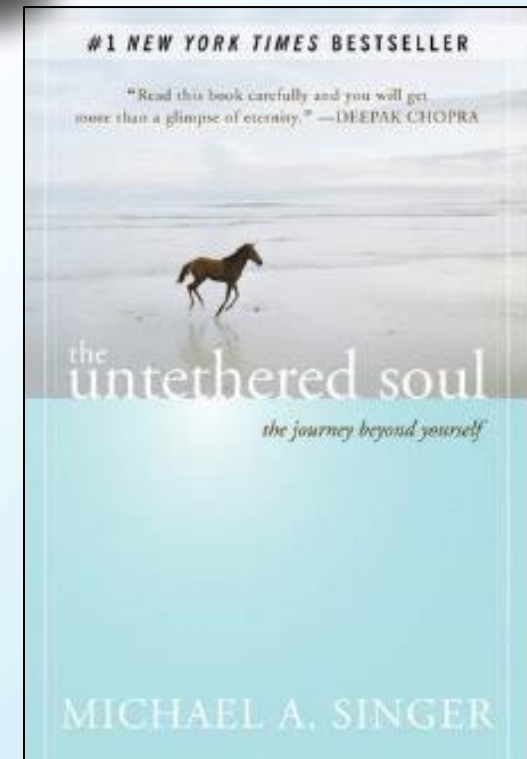
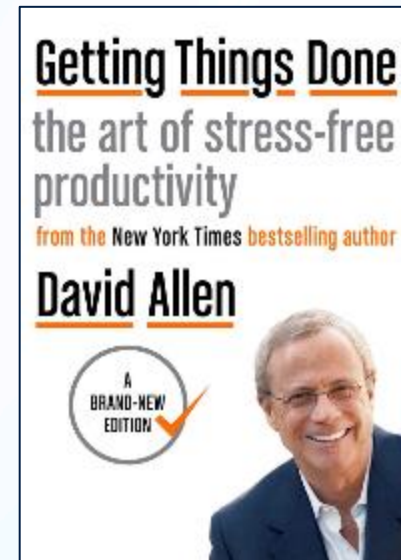
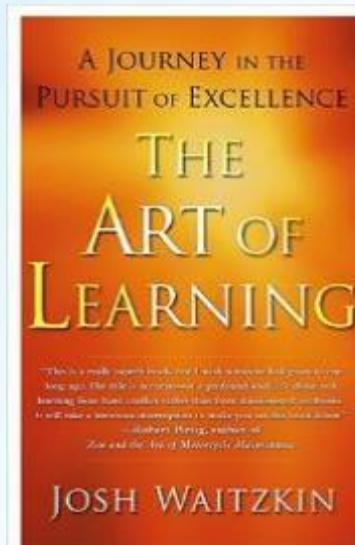
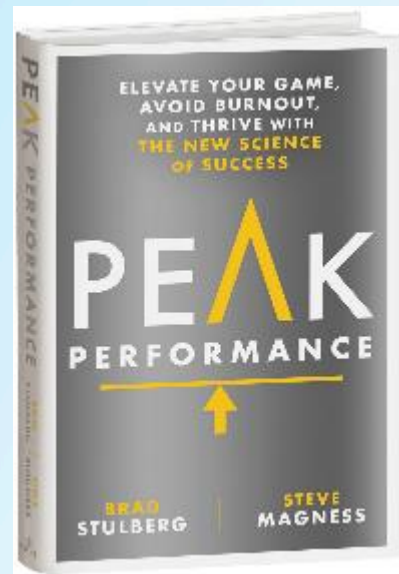
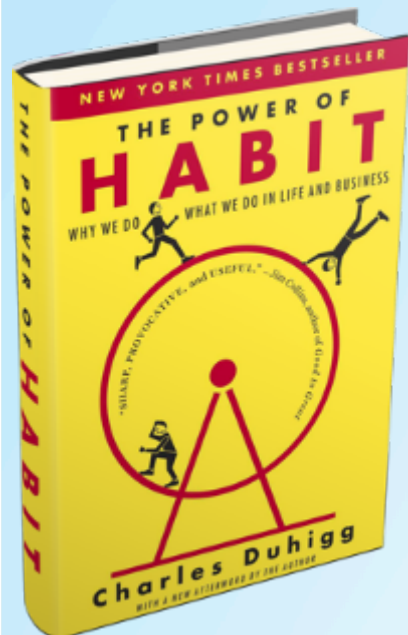
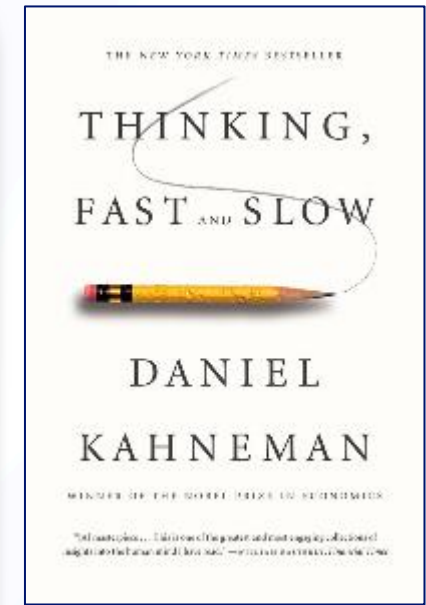
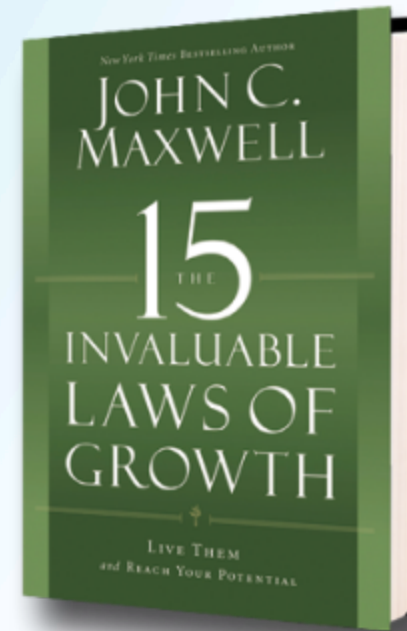
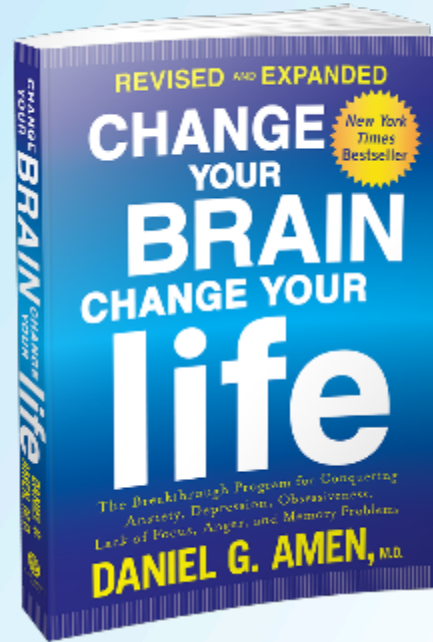
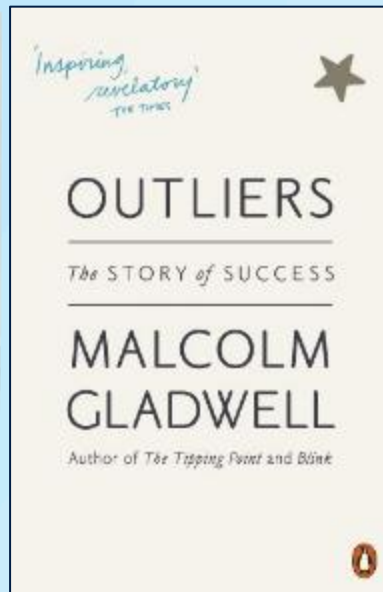
**HOW TO
LEARN
ANYTHING
IN HALF
THE
TIME**

JIM KWIK



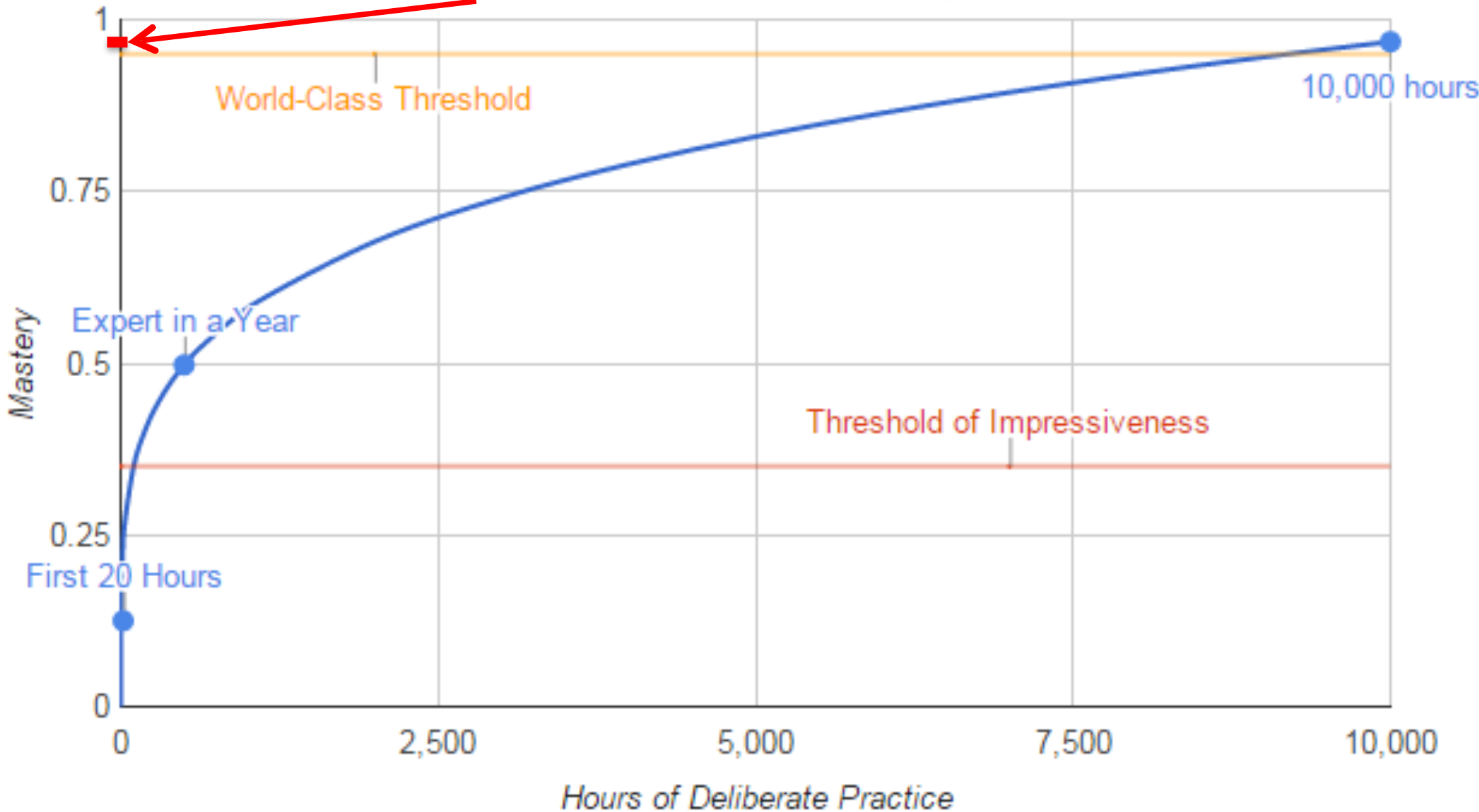
“What you practice in private, you are rewarded in public.”

Books I liked/helped me:

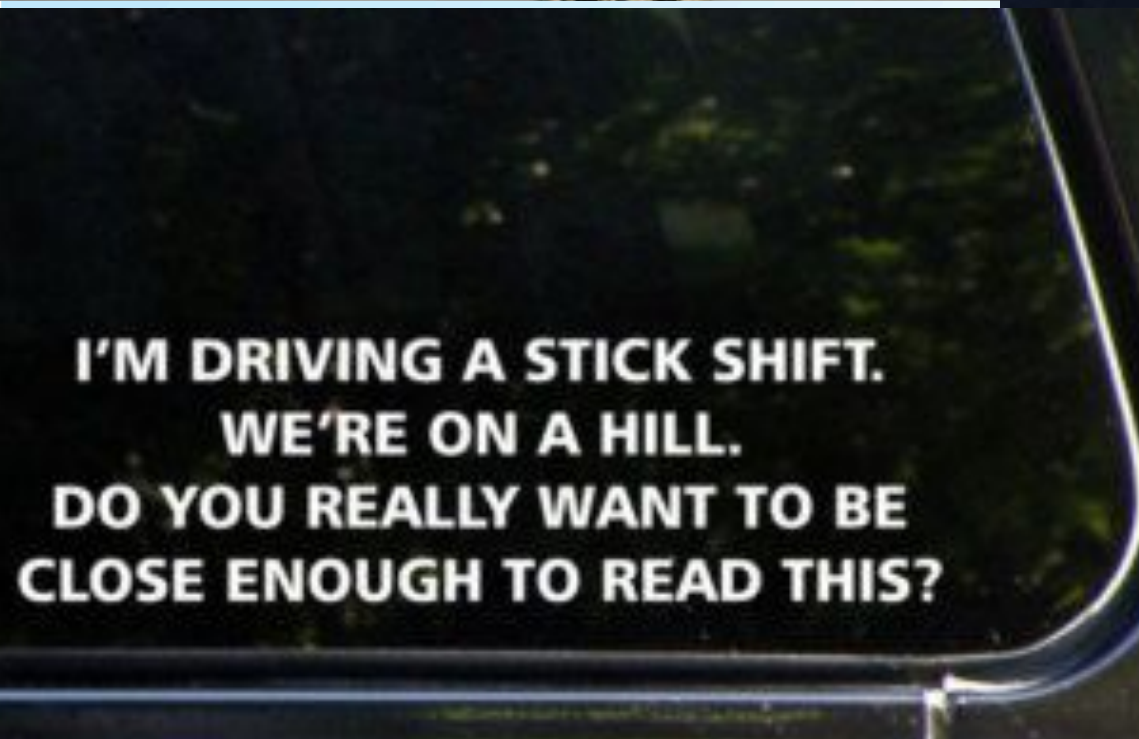




Making knots with one hand, in pairs!!! :D



Speaking about learning how to drive...



Carol S. Dweck



Linda Rising



QUOTE TIME! :)

“Knowledge is of no value unless you put it into practice.”

— Anton Chekhov

“The difference between ordinary and extraordinary is practice.”

— Vladimir Horowitz

“Practice doesn’t make perfect. Perfect practice makes perfect.”

— Vince Lombardi

“Practice isn’t the thing you do once you’re good. It’s the thing you do that makes you good.”

— Malcolm Gladwell

“There is no glory in practice but without practice there is no glory.”

— Unknown

“Good players practice until they get it right. Great players practice until they never get it wrong.”

— Unknown

“Success has to do with deliberate practice. Practice must be focused, determined, and in an environment where there's feedback.”

— Malcom Gladwell

**“Practice,
practice,
practice!”**

— Unknown

The First 20 Hours

(Without checking your notes)

1. DECIDE WHAT YOU WANT
2. DECONSTRUCT THE SKILL
3. RESEARCH THE SKILL JUST ENOUGH
4. REMOVE BARRIERS
5. PRECOMMIT TO PRACTICE AT LEAST 20 HOURS

**Some
important ideas
you might know...**

**Vision,
inception,
alignment...**

**Split into small
chunks**

**PB prioritized,
MVP,...**

**Remove
impediments**

**Working
solution,
hands on,
feedback**

**Vision, inception,
alignment...**

DECIDE WHAT YOU WANT

**Split into small
chunks**

DECONSTRUCT THE SKILL

**PB prioritized, MVP,
refinement**

RESEARCH THE SKILL JUST ENOUGH

**Remove
impediments**

REMOVE BARRIERS

**Working solution,
hands on, feedback**

PRECOMMIT TO PRACTICE AT LEAST 20 HOURS

VISION

SMALL CHUNKS

PRIORITIZATION

REMOVE BARRIERS

**HANDS ON
ASAP+FEEDBACK**

Does it work?

Somewhere Over The Rainbow

Israel Kamakawiwo'ole

Ooh, ooh, ooh

Ooh, ooh

Somewhere over the rainbow

Way up high

And the dreams that you dream of

Once in a lullaby

Somewhere over the rainbow

Bluebirds fly

And the dreams that you dream of

Dreams really do come true

Someday, I wish upon a star

Wake up where the clouds are far behind
me

Where trouble melts like lemon drops

High above the chimney top

That's where you'll find me

*Yes, sing along! Don't be shy!
:D*



Some recent skills (WIP)







1, 2, 3...

AGILE FOR

- IT
- HR, MARKETING, FINANCIAL...
- EDUCATION
- BUILD A CAR
- PERSONAL LIFE

And now:

TO LEARN A NEW SKILL!

**WHAT'S
NEXT
?**



**When was the last time
you did something for the
first time?**





SKYDIVE SPA
& CERFONTAINE
TAKE OFF 2 FREEDOM

Thank you!

Questions
?



Questions
?

in Artur Margonari

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