Accelerated Learning: How Agile Can Help You?

Artur Margonari
Agile Coach, Trainer and Facilitator
When was the last time you did something for the first time?
Accelerated learning techniques
NUMBER OF HOURS NEEDED TO LEARN SOMETHING
THE FIRST 20 HOURS
How to Learn Anything...Fast

JOSH KAUFMAN
Bestselling Author of The Personal MBA
5 steps
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

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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

1. Choose a loveable project.
2. Focus your energy on 1 skill at a time.
3. Define your performance level.
4. Deconstruct the skill into subskills.
5. Obtain critical tools.
6. Eliminate barriers to practice.
7. Make dedicated time for practice.
8. Create fast feedback loops.
9. Practice by the clock in short bursts.
10. Emphasize quantity and speed.

DE CONSTRUCT

skill
subskill subskill subskill subskill

LEARN

Practice intelligently and self-correct.

REMOVAL

physical
emotional
mental
barriers

PRACTICE
the most important subskills for at least 20 hours.

Practical examples:
- yoga
- programming
- touch typing
- Go
- ukulele
- windsurfing
- first20hours.com

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.
Instant International Bestseller!
Top 3 Audible.com Bestseller
#1 in Business Skills on Amazon.com
#1 in Business Self-Improvement on Amazon.com
#1 in Educational Psychology on Amazon.com
#1 in Personal Transformation on Amazon.com
#1 in Self Development on Audible.com
Overview on some other techniques, examples and ideas
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.
“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.”
the TIM FERRISS experiment

https://www.youtube.com/watch?v=V4IuXZOIf7E
ADD ABOUT TIM FARRIS EXPERIMENT

https://www.youtube.com/watch?v=V4IuXZOIf7E

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:

- The First 20 Hours: How to Learn Anything Fast
- Outliers: The Story of Success
- Change Your Brain, Change Your Life
- 15 Invaluable Laws of Growth
- Thinking, Fast and Slow
- Peak: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success
- A Journey in the Pursuit of Excellence
- Getting Things Done: the art of stress-free productivity
- The Untethered Soul: The Journey Beyond Yourself
Making knots with one hand, in pairs!!! :D
“Knowledge is of no value unless you put it into practice.”
— Anton Chekhov

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

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

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

“The difference between ordinary and extraordinary is practice.”
— Vladmir Horowitz

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

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

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

“Practice, practice, practice!”
— Unknown
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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…

Split into small chunks

PB prioritized, MVP, refinement

Remove impediments

Working solution, hands on, feedback

DECIDE WHAT YOU WANT

DECONSTRUCT THE SKILL

RESEARCH THE SKILL JUST ENOUGH

REMOVE BARRIERS

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 Kamakawiwoʻole

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?
Thank you!

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