

Becoming an Evocative Coach Practice Guide
Chapter 1: Activity 3

Activity 1.3 Adult Learning Characteristics: Reflect on what was shared during the interview in Activity 1.1.

People are inherently creative and capable.

*How were these
characteristics of adult
learning present in the
story you heard?*

The human brain enjoys novelty and growth.

Activity 1.3 Adult Learning Characteristics: Continued.

Challenges can be reframed as opportunities to learn and grow.

Coaches or mentors (or friends) can inspire and challenge us to go beyond what we would do on our own.

*How were these
characteristics of adult
learning present in the
story you heard?*

Empathy, mutuality, and connection make people more cooperative and open people to change.