

Keeping Up Your Skills Transcript

[Male Speaker]

Well, if you've made it to this video, you've been working hard. It takes a lot of work and time to do a brake adjustment. I mean, learning all those different tools, coming up with different assignments to practice those tools. Using the assignments and the tools to make some of the problems the leaky brakes were causing go away. Congratulations, really, we here in the brake shop we're pretty proud of you. Make sure you reward yourself cause you did all that work, not your coach, not any of your cheerleaders either. Course, you're never done though, now that you've got your brakes tuned it is important to keep them tuned to avoid any future accidents. Actually, in the Brake Shop Clinic we schedule regular monthly tune up sessions for those people who have already taken our programming to remind them to keep using their skills and to keep them practicing. Because we all get cocky sometimes thinking, "oh I know that tool, I know what to do for that tool, I don't need to practice it anymore". Or we get lazy thinking "I don't have that leaky brake anymore I don't have to use that tool anymore". Then, before you know it, our brakes are rusty again. Believe me, it is going to be a lot easier to just keep those skills tuned up rather than having to go back and do all that work you just did all over again one day. So here are some ideas for that. For one thing, right down on a piece of paper how far you've come, I mean, it'll really help on tough days because you are going to have tough days you're going to have to get through, we all do.

[Female Speaker 1]

Well, usually, I feel strong most of the time because I know that I can do it. But, if it is a stressful day I will just kind of talk to him and be like "I'm having a hard day, leave me alone for now".

[Male Speaker]

The key is to not let those days trick you into you're back to square one. You're not back at the starting line, it's just a slip up, so just keep on practicing. Also, continue to create for yourself mini assignments each week. This is a place where you're cheerleaders can help, think about where different leaky brakes might try to make a come back and you know talk to your cheerleaders about that as well. Which symptoms would it be if there was to be a comeback and when would it happen. Actually, I'll give you a hint on that one, probably because of all your hard work, your leaky brakes, they're probably not going to be very successful beating you in a fair fight. So they are probably going to wait for a time and place where you are under a little bit more stress than usual. Another thing is, you might want to schedule regular check ins with your cheerleaders. So, in addition to talking about possible comebacks, you can also talk about new leaky brake systems that you might want to deal with. And remember, any new cheerleaders in your life, they are not going to know anything about those tools you've already learned or all that work you've already done so you're going to have to give them a little bit of job training. Technology can be really important too, for example, using a computer program to give you pop up reminders of different tools or symptom patterns that are coming up or using your smartphone to listen to different audio cues you created for yourself or apps you've downloaded

for relaxation or for goal setting, things like that. Keep all of this up and you just might be surprised at the breaking system you end up with. I'm Dr. Dunk, stick that tool in your toolbox.

[Text at end of video]

Keeping Up Your Skills

Congratulations!!! You've been working hard!

Now KEEP your brakes tuned to avoid future accidents!

Tune-ups = regular check-ins to refresh skills and keep us practicing!

WAYS to keep your tools tuned up:

- Record how far you've come!
- Create mini assignments!
- Ponder when and where leaky brakes can make a comeback!
- Schedule regular cheerleader check-ins!
- Use technology (e.g. computer reminders or smartphone apps)!