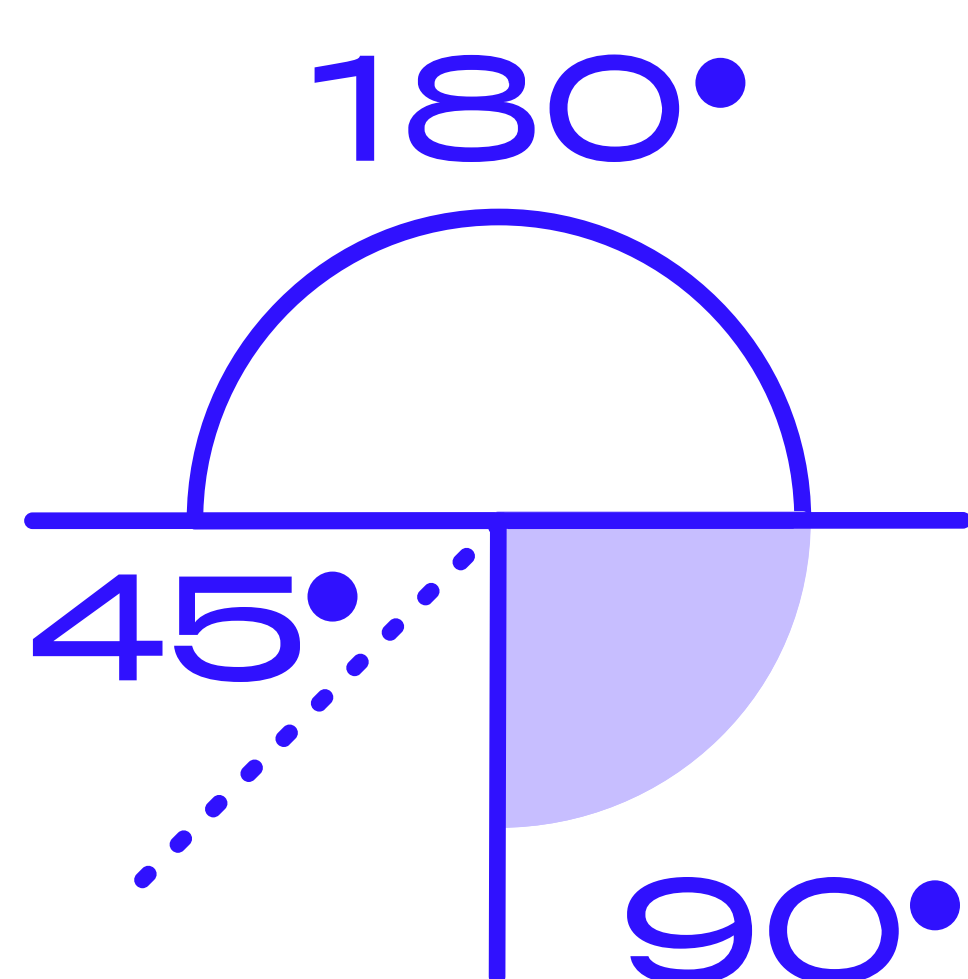


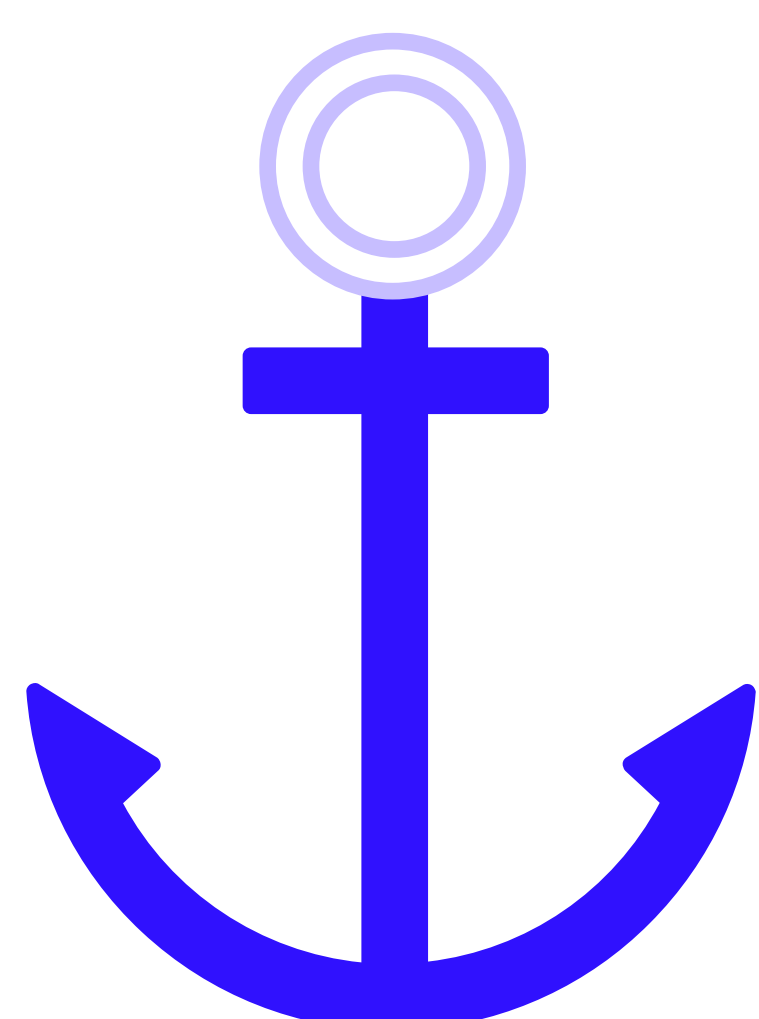
# DEMONSTRATIONS



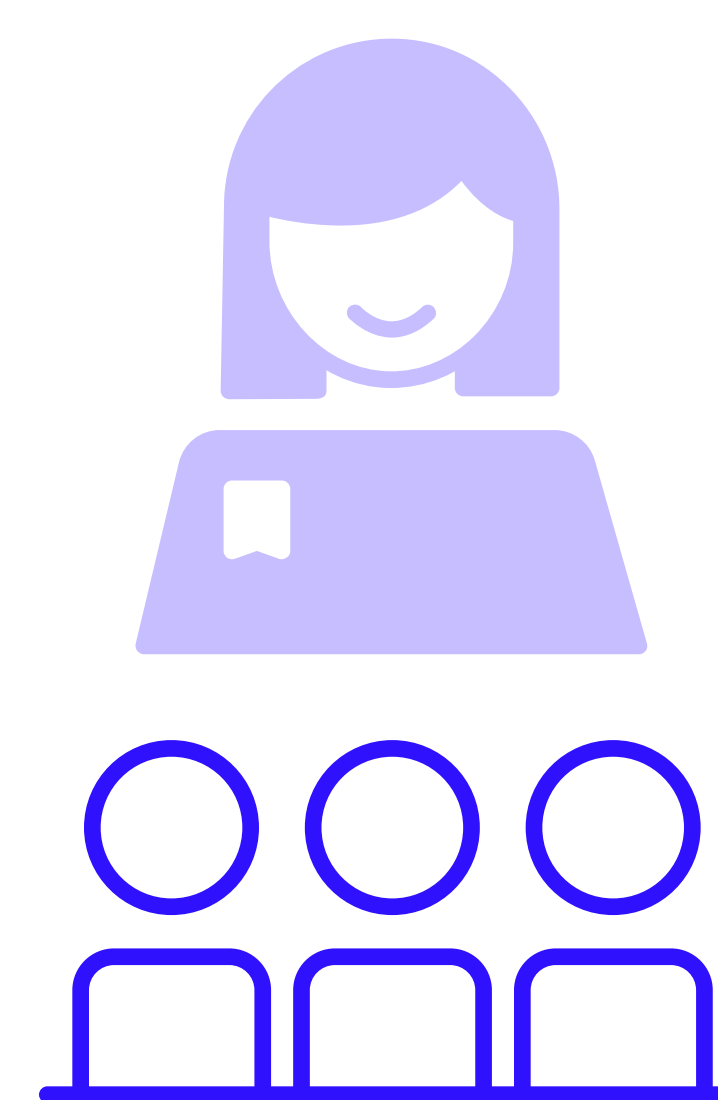
Demonstrations give participants a model of the skill we want them to learn. They are particularly useful when introducing something new. They can be done by the coach, or even by one of the participants. Our top tips for demonstrating are:



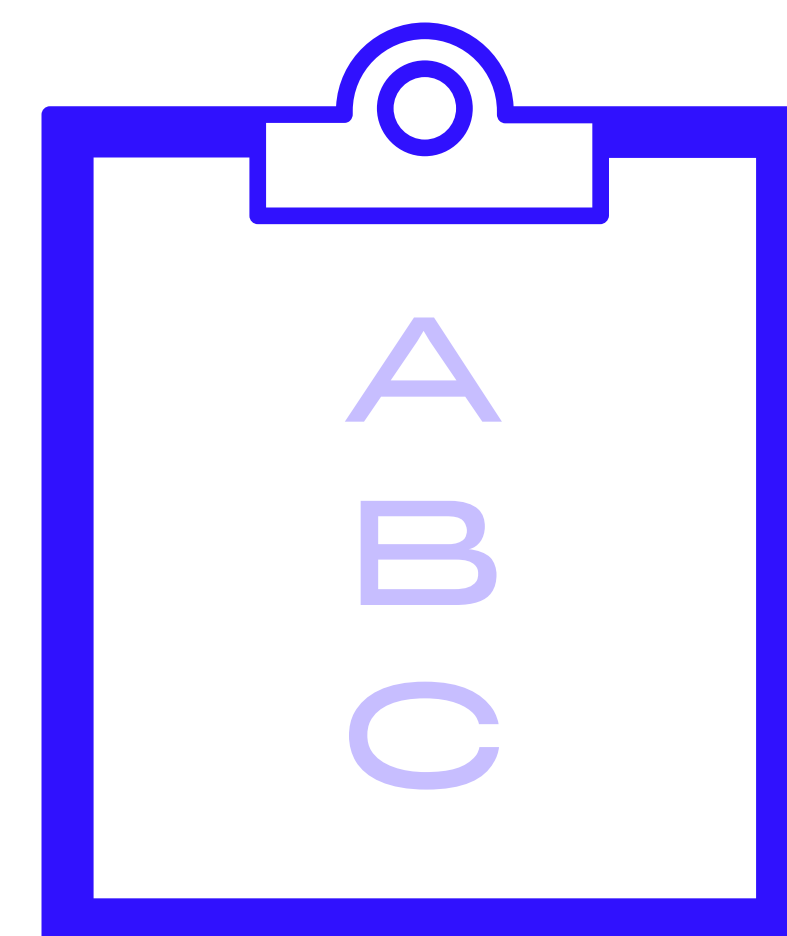
Know what angle you want them to see it from.



Use cues, anchor words or images for the key elements to help focus their attention and increase retention.



Make sure everyone can see.



Decide if they need to see the full skill or only a specific segment.

