

Ricardo's Coaching Dispatch

"The Spanish Massage"

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Yesterday, I went to get a massage. I've had some congestion now for a couple of months and I wanted to see if perhaps a deep tissue massage would help loosen up the lymph nodes, and thus relieve the congestion.

The experience of a professional massage intrigues me. Every time I get one I ask myself how we could duplicate that kind of effect through our tutoring sessions. Admittedly, we're in a virtual world so its a bit different. However, I do think there are some things we can learn from the massage experience that will help you in your Spanish learning.

The first thing is the preparation time for the massage. You get there, you're taken to a room, you're told to get as comfortable as you would like, to get on the table, which at least where I went is warmly heated and padded, you get under the covers, put your face down in the head holder there that's at the end of the table, wait for the therapist to knock, and then he or she comes in and works you over.

I sincerely wonder if you are properly prepared for your tutoring sessions.

Are you rushing around like a chicken with your head cut off right before your tutoring massage session? Are you consistently running like crazy just to get to the session. Do you find yourself canceling sessions due to last minute "out of control" issues? Do you call your instructor in a frenzy and then it takes you five to ten minutes of your tutoring time just to zone in and get present? Be honest here, I just want to help you. My massage yesterday reminded me once again of the importance of preparation.

So 3 to 5 minutes before a tutoring session, purpose to get yourself emotionally and physically prepared. Make it a point to get to where you are going to be, calm yourself with some deep breathing, relax your mind and your body. Then call your instructor. The same thing holds if you are moving into a study session with your SpanishPower™ course. Treat it with the same amount of care you would in preparation for a massage.

Don't just rush into the room, rip your clothes off, get under the covers and start off your Spanish massage session out of breath! Calm yourself. Prepare yourself. By doing so you'll find that you'll get a lot more out of each tutoring session or learning session.

Just like my prep time for my massage yesterday, this has been a brief coaching dispatch. Just don't confuse brief with unimportant.

By the way, I actually feel better today and much less congested which feels nice after fighting it now for a few months. I should have done it before. Ahh, get relaxed, get present, and get the most out of your learning.