

Who Is in Your Fab 5?

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There is an interesting book called [*The Talent Code*](#), by Daniel Coyle. Coyle visited some of the world's greatest "hotbeds", which are small areas that have produced large amounts of talent. It's all about having a better understanding of where talent comes from, how we learn, and how we can discover more by our mistakes. Coyle talks a lot about how we can acquire skill by learning about a substance called myelin. "Myelin is the insulation that wraps around nerve fibers and increases signal strength, speed, and accuracy."

According to Coyle, there is a pattern in acquiring talent that includes, "deep practice, ignition, and master coaching." I found this fascinating. I always wondered what talents were inherited and which ones were not. How can we increase our level of talent? ...Practice, practice, practice.

In looking at how to increase our level of talent, I found there were other factors such as confidence, motivation, and environment. Want to build up that myelin? Here are just a few of my suggestions.

There may be times as a coach you want to do something new or increase your level of performance, but fear gets in your way. Notice and acknowledge fear when it arises. The more you push it away, the more it returns – even bigger and louder.

1. Make mistakes. We not only learn by doing; we also learn by re-doing. Our brains can actually recalibrate according to what we learn from our mistakes. So, go ahead and use that phrase you did as a kid, "Do-over."
2. "You are who you hang out with." A good friend of mine once said this to me. Basically, look around and see who you are hanging around with and that will show you where your energy and actions are drawn towards. Are your friends there to support you on your journey or holding you back? Another way of saying this is, "Who is your Fab 5?" Take an inventory of the people who most influence your life.
3. Do something new. Push yourself. Challenge yourself to do one thing that scares you. "Do It Afraid."
4. Ask questions. Push the limits of your brain and your heart. Begin a practice of asking questions daily and see what emerges. Create a question ritual. I find by asking a BIG question, it leads me to what is next in my life. My big question this month is: How can I be of MORE service?
5. Follow your breath. Your breath is your will. When you are ready to start a new project, practice your skills, or create a path, start with your breath. Use your breath to guide you. Breathe in through your nose and out through your mouth, slowly and deeply. Awareness of our breath allows for better focus.
6. Finally, our coaches were right – practice, practice, practice. Repetition is key when wanting to acquire a new skill.

So, go ahead, make mistakes, practice, and find a good (mentor) coach. Then look around and ask, **“Who’s in your Fab 5?”** We all need support, practice, and mistakes to show us our talents and motivations. What will it take to take you to the next level and who is in your circle supporting you? Go ahead and do it afraid.