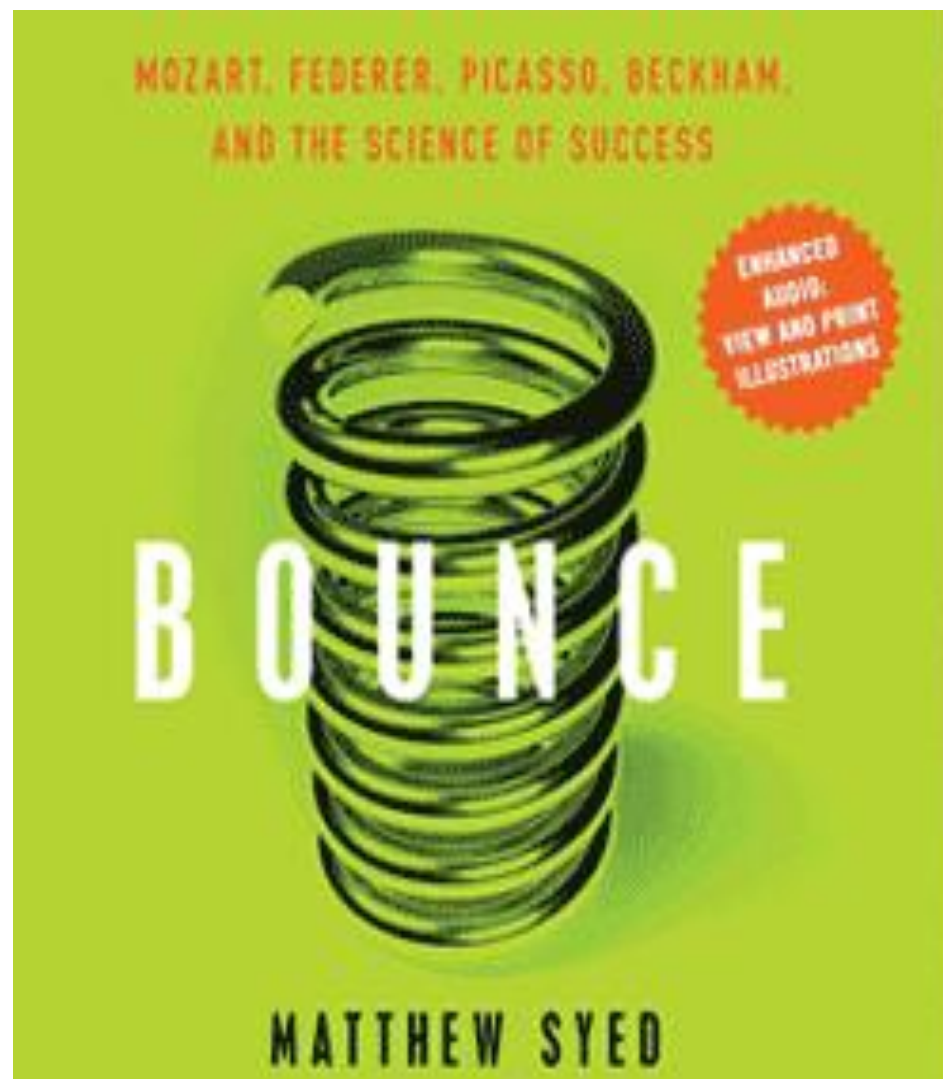


Assembly

“Gifted and Talented”

- Genius
- Prodigy
- Clever
- Bright
- Smart

Matthew Syed



West Berlin Music Academy

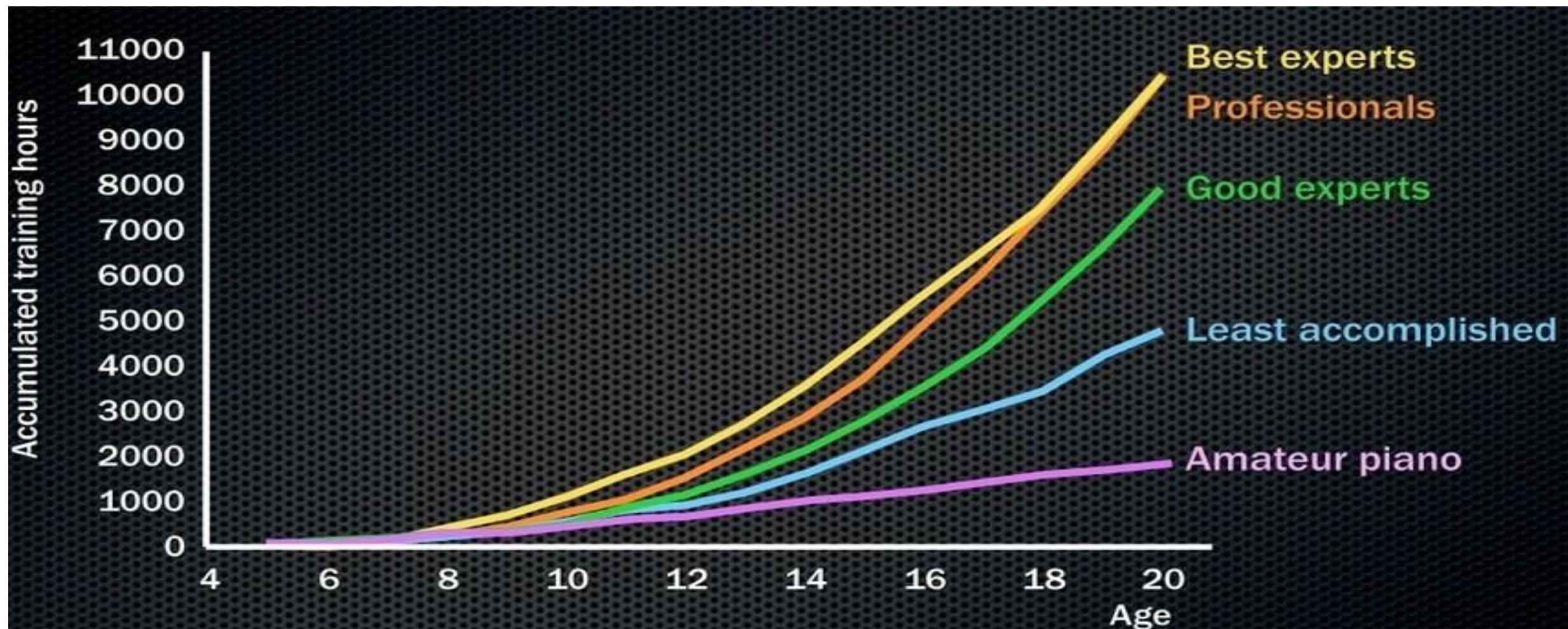


Link between Practice and Performance

- Most skilled performers (Elite)
- Average performers
- Least skilled performers

Link between Practice and Performance (10 Years)

- Most skilled performers **10,000 hours**
- Average performers **8,000 hours**
- Least skilled performers **6,000 hours**



“The development of expert performance will be primarily constrained by individuals’ engagement in deliberate practice and the quality of the available training resources” – Ericsson et al 2009

Ericsson et al.2006; Ericsson et al 2009, NYAS

Elite Performers

- 10,000 hours
- 2.7 hours a day x 10 years



And...

- No evidence that they were learning faster ie making more progress than others in the same time
- **THEY WERE JUST THE ONES SPENDING THE MOST TIME PRACTISING!**



Simple Conclusion...

- Those who work “hardest” (or longest) will be the most successful.
- It has nothing to do with natural ability or inner talent.

Other Factors

1. Challenging yourself



2. Self-Belief



“To perform at your maximum, you have to teach yourself to believe with an intensity that goes way beyond logical justification. No top performer has lacked this capacity for irrational optimism.”

3. Learning through Failure

Shizuka Arakawa



Hard work is never a waste



Every endeavour pursued with passion produces a successful outcome, regardless of the result. For it is not about winning or losing – rather, the effort put forth in producing the outcome.

— *Matthew Syed* —

AZ QUOTES

