


# 5 Steps of Learning

- 1. Initial Impact**
  - 2. Revision**
  - 3. Application**
  - 4. Internalization**
  - 5. Reinforcement**
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# 5 Steps of Coaching

1. **Explanation**
2. **Demonstration**
3. **Utilization**
4. **Correction**
5. **Reutilization**