



TEACHING

We can learn from those who came before us and who have experienced what it is we yet need to learn. As important as what is to be learned might be, perhaps the greater import needs to be placed on the teacher and on the relationship between the teacher and the student. That relationship can mean the difference between the learning being facilitated or its being hampered. The relationship is based not just in an intellectual grasp of the pieces that constitute the learning but an emotional grasp as well. The relationship is not just based in the imparting of facts and methods but a sense of trust and confidence both on the part of the teacher as well as the student.

Although it might sound strange that the teacher needs to trust the student...it is trust in the student's ability to learn, to ask questions, to be willing to make mistakes, to put forth whatever effort it might take in order for the learning to take place. The teacher's trust goes to the point of placing as much emphasis on how the student might arrive at a conclusion or answer as is placed on the answers themselves. This trust is a magical element that might best be described by the reader's remembrance of their favorite teacher or professor. Contained in that memory is the sense of knowing that the confidence the teacher had in the student enabled a sense of what little children are able to bring to learning new things.

A child who hasn't been exposed to adult fear and doubt experiences neither. An adult might say "I'll try" while a child will say "I can do that!" The yearning to learn on the part of a child is an insatiable need that is never-ending...something which adults may have forgotten in the pressures of dealing with the vicissitudes of life. But adults can regain that same sense they once had as a child which may have been stifled along the way. Realizing that the process of learning simply has basic steps associated with it and that each step will bring us to an end result can bring a good deal of confidence when we might feel overwhelmed or confused. It can become the difference between "trying" and "doing it."

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.