



If you feel a lack of progression

“I am stuck”

At some point this feeling may very well occur. What each of the projects does is stretch the comfort zone as a speaker and leader in a series of small steps.

At some point when these basics are mastered, a point is often reached where people feel no progress is being made

This is a well-known state that occurs in many areas work, sports and life in general.

It is called the [Plateau Effect](#)

https://en.wikipedia.org/wiki/Plateau_effect

The Plateau Effect affects learning directly so is no surprise it crops up in toastmasters

There is a lot of material including many books on this topic. The coaching industry exists mainly to serve those people who want to break off their own plateau

Breaking Away from the Plateau is Possible

It is easy to forget when people first start out as communicators, just how difficult and insurmountable the height seemed at the time

What is being forgotten is that this point in a person's life is also plateau. By coming and starting to learn to speak was an act that resulted in the person breaking off that plateau and grow.

There are two parts to any desire to be a better person: the vision and the approach.

The vision is about the search for meaning and having meaningful goals. What follows out of that is developing insight into what you do well, what you can do better and why

Taking time to reflect and appreciate your own growth is a healthy thing to do as it retains the sense of perspective about yourself; strengths and weaknesses.

Articulating where you wish to be and what you need to grow frames the vision



What follows after that is just the way to get there. And that is simply returning to the **practicality of the small step approach**. By working backwards from the goal, the pathway becomes a lot clearer. It identifies the sequence of steps needed to move from the existing situation to the new one.

There are two things that can speed this process along: practical and mindset .

The Practical

Get a mentor. The best mentors also use coaching techniques to help people. If you do not have one then simply getting advice from experienced members on what options there are is good

Be a mentor yourself. One of things not always appreciated about being a mentor is that it acts to sort and clarify the knowledge you already have. From that it becomes possible to look and see about what is missing and where to go

Outline the pathway in reverse. The steps you need to take from your future goal back to where you are now.

The Attitude

Push yourself to new levels by creating challenges by changing the mind-set. Moving forward in speaking means cultivating these three attitudes

HONEST

BOLD

DETERMINED