**COACHING IS LIKE RIDING A BIKE**

**Consultant**: Studies the mechanics of riding the bike. Teaches you the laws of physics, how the bike is propelled, what is necessary for balance, and laws of motion/propulsion. A consultant tells you where to sit and where to put your feet and when to pedal. Then s/he leaves.

**Therapist**: Discusses the basis for your fears about riding and the consequences of falling. Discusses if your parents rode, and why that might be important. Explains why it is important for your self-esteem or psyche, for you to learn this and be successful.

**Parent**: Buys the bike for you. May put on training wheels, and take them off when s/he thinks you are ready. Runs by the bike holding on until you have balance to continue, and then cheers you on as you go off riding into the sunset. Occasionally will threaten to take away riding privileges if you don’t comply with ground rules.

**Mentor**: Shares with you his/her experience/expertise of bike riding. Gives you tips on “drafting” and the most effective way s/he has found to ride. Models the way s/he thinks you should ride, gives you strategies about things like changing tires quickly in a race, how to get the most speed for your effort, which is the best bike to buy in his/her opinion, and how to negotiate gravel at the bottom of a hill. Teaches you his/her version of proper maintenance, warns you of dangers of riding in traffic and tells you how to avoid them. Sometimes holds an “I know better than you since I’ve been there before, so you’d better listen to me” hierarchical position.

**Coach**: Listens to your desire to try riding. Asks you if you need instructions on how to ride and asks where you might get them. Asks if you like the color/kind of bike you are about to ride. May even help you pick the bike up and help you get on. Runs along side the bike “checking in” to see if you are enjoying the experience and asks what might make it more fun. Will help you discover what you need to take care of yourself when/if you fall. When you stop, the coach might ask about your experience and what was valuable, and whether or not you want to pursue mastery of bike riding. If you don’t, then the coach may help you devise a plan to sell the bike.