

AGILITY AT PLEA

At PLEA, there is an effort underway across all program areas to find ways to increase the flexibility and enjoyment in life for all we serve. It is the purpose of all PLEA staff that implements various parts of an array of programs to find ways where the person can access their community. For any and all of us as human beings, the greater the dependence on others for what we do and how we come to affect our worlds our lives will be restricted. We will be less resilient and find less to savor in life. Resilience and delight in life comes from building a life and accessing the things we want from this life.

For all of us, life unfolds as we build it by doing more and more and then putting these things we do together into complex skills that better allow us to effect the world the way we want and will be encouraged to do more over time. These more complex skills can be broken into small component skills that, if they become fluent, will increase our chances of doing more and contacting more of what we want in living our lives. Becoming fluent in these component skills requires our doing more correctly at a pace that best works for us in our various communities. This doing can be called performance, and we can perform better socially, in speaking with others, in doing reading, writing and arithmetic as well as supporting others in getting more of what they want in living lives. Supports and specific instruction can be arranged in a way that insures the building of these critical component skills. Skills that are carefully constructed to insure that the person or learner performs them in ways that can be described as flowing, effortless, errorless, automatic, confident, second nature, and masterful, which are all metaphors for fluency. It is fluency that creates the foundations for becoming increasingly agile in accessing more and more of what you want in living your life with others. "While frequency is the best measure of performance, growth in rate of performance over time is the best definition of learning." (KJ and Street, in press).

By carefully building performance over time, patterns or learning pictures can be seen showing a rate of growth, which is named celeration (coined by Lindsley to refer to both acceleration and deceleration). Celeration is a way of knowing how long it takes a person or learner to reach a point of fluent performance. By focusing on the quickness or steepness of learners reaching fluency, we build quicker learners. Agility is used to explain Celeration where an agile learner is a fast accurate learner. "In business agility is the capacity to rapidly and efficiently adapt to changes" (KJ and Street, in press). And in living life, it is the ability to quickly adapt to change that makes you more resilient and delighted, which is about more than what you know. As a person more rapidly accelerates skills to know and decelerates less meaningful skills, they are showing increasing agility.