

Speed Building



Teresa R. Gaudet, CSR, CRI, CPE

Let's talk about three things:

■ GS

■ CL

■ RRL



GS Goal Speed

CL Comfort Level

RRL Realtime Ready
Level

What is a goal speed?



What is a Comfort Level?



What is a
Realtime Ready Level?



Speedbuilding Pattern #1

Look familiar? Classic. 5 speed levels.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #1

Conservative. Classic. Maintains Control.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #3

Moderately aggressive. 5 speed levels.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #4

Moderately aggressive.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

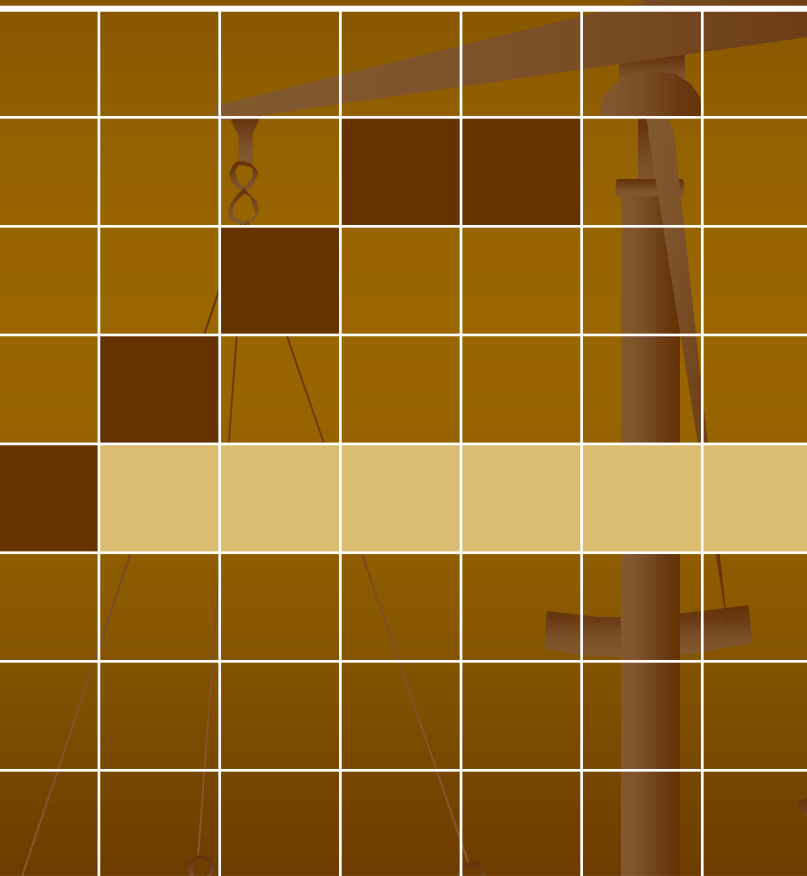
Speedbuilding Pattern #5

Moderately aggressive.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #6

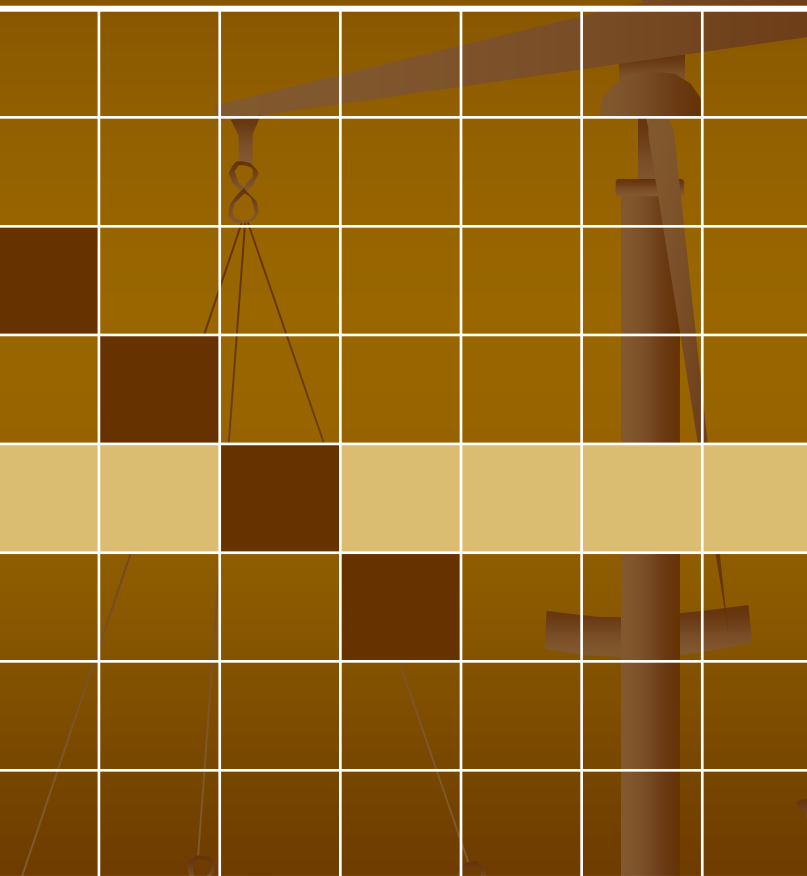
Aggressive.



+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #7

Aggressive. 6 speed levels.



+4	■								
+3		■							
+2			■						
+1				■					
CL				■					
-1					■				
-2									
-3									

Speedbuilding Pattern #8

Aggressive. 6 speed levels.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #9

Moderately aggressive. 6 speed levels.

+4											
+3											
+2											
+1											
CL											
-1											
-2											
-3											

Speedbuilding Pattern #10

Take a breath at the top. Classic. 5 speed levels.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #11

Moderately aggressive. Maintains Control.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

Speedbuilding Pattern #12

Classic. Confidence building.

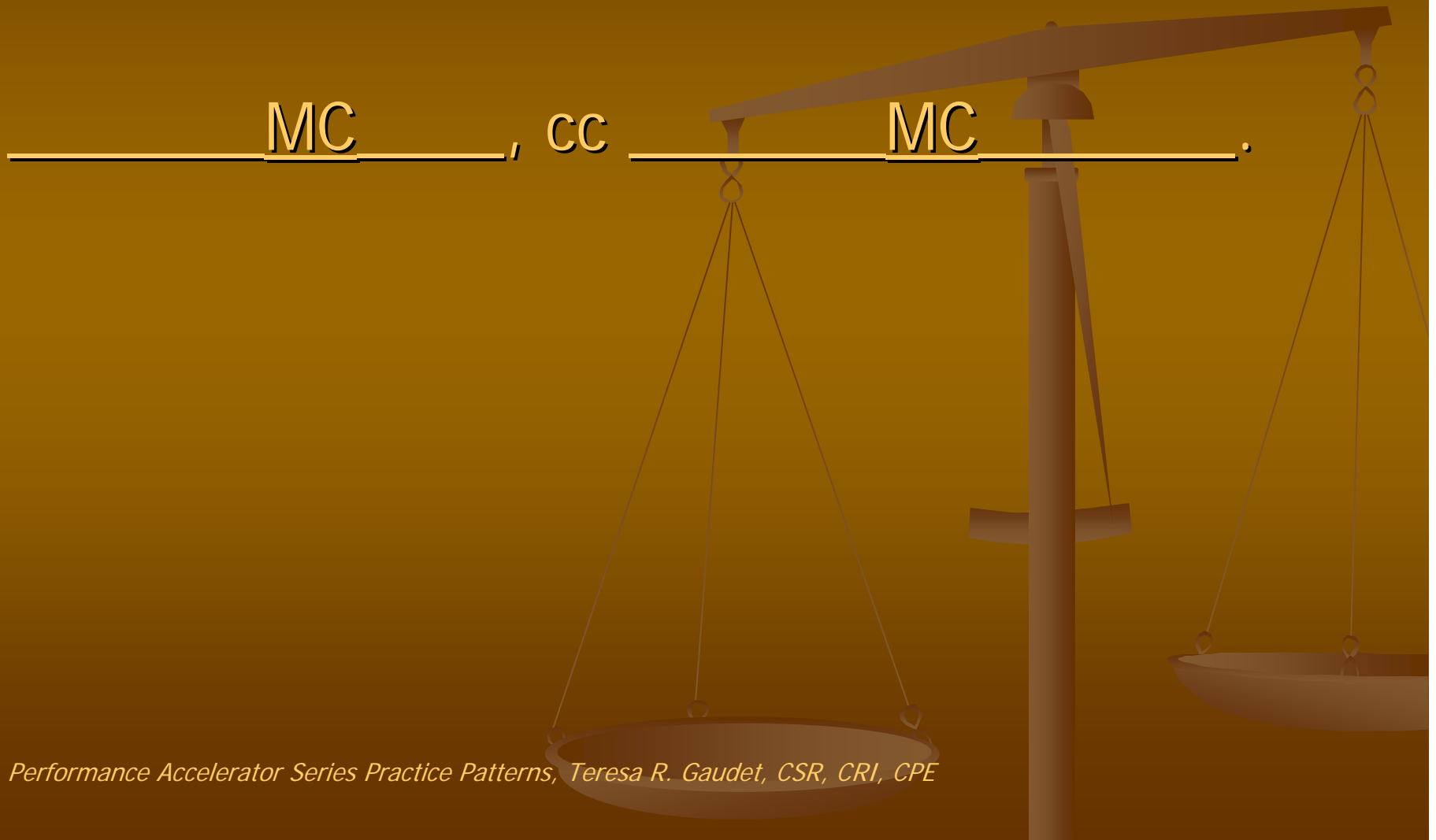
+4										
+3										
+2										
+1										
CL										
-1										
-2										
-3										

Speedbuilding Pattern #13

Moderately aggressive.

+4									
+3									
+2									
+1									
CL									
-1									
-2									
-3									

MC, cc MC.



Performance Accelerator Series Practice Patterns, Teresa R. Gaudet, CSR, CRI, CPE

MC, cc MC

- My practicing is going very well these days, and I am progressing nicely up the speed-level ladder.

Direct Address

- Bob, _____.
- _____, Bob.
- _____, Bob, _____.

Direct Address

- Thank you, ladies and gentlemen, for providing me this opportunity to speak to you today on a subject that is of great importance to me.

Introductory Adverbial Clause

- When your schedule gets out of hand, that is the time to slow down and reevaluate what is important.
- If I practice every day, I will do well.
- Before the meeting, we were assembled for a group photograph.

Position is everything!

- If I practice every day, I will do well.
- I will do well if I practice every day.
- I will, if I practice every day, do well.

Date Appositives

- My plans are to be in Europe from May 2, 2005, to June 11, 2005.
- We arrived on Saturday, August 9.

Coordinate Series

- a, b, and c.
- a, b and c.
- a, b, or c.
- a, b or c.



Coordinate Series

- We stay up way too late, we get up way too early, and we constantly keep our family waiting.
- Every day I work on speed building, accuracy, and endurance.

Oops!

- I'd like to thank my parents, Ann Ryn and God.