

A KNIFE and a COACH– what’s the connection?

Wolf Bernhardt 30 May 2020

A few days ago I was brave. I volunteered to cut up about two kilograms of butternut for my wife, so that she could make a nice big batch of butternut soup, which we both love.

While butternut soup made by a gourmet chef tastes delicious, peeling and cutting up the huge butternut squashes is an entirely different kettle of fish! It requires strength, astuteness and dexterity. The novice, if he is not careful, could easily cut into a finger, and if he manages to avoid that, his stout attempt could still leave a big mess in the kitchen, which will not be appreciated by the gourmet chef when it comes to making the soup.

So, what is so difficult about cutting up butternut squashes? For a start- which knife do you use? In our kitchen drawer there are at least 6 different kinds of knives. To do the operation. the squash up, or do squash into subdivide peel them



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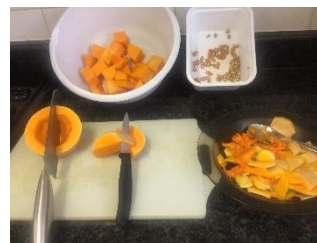
Now back to squash into knife that is handle in one can cut right



the knife. Having decided that it is better to cut the big manageable size slices before peeling them, you need a sturdy enough that with appropriate force, holding the hand and pressing on its blunt side with the other, you through the thick butternut.

For peeling the hard skin you need a different knife. It able to cut thin slices, and your hand must be able to without running the risk of cutting your finger.

So, to come to the point: Cutting up large butternuts, daunting, even soul-destroying job, but with the right planning, and the appropriate hand skills, it can be efficient, and even enjoyable.



must be sharp, control it well

can be quite a knives, proper

And what is the connection between a knife and a coach? It is this: A coach knows which are the right tools for a particular task. He can help you with the planning, as well as the execution, so that instead of doing a clumsy, drawn out, messy job - if tackled with sound advice and guidance from the coach, the process can be efficient and the outcome just what is needed. Of course, it helps to have the right coach!