



# LEARN TO LEARN

"Learning never exhausts the mind." - Leonardo da Vinci

Learn How to Learn is an engaging and comprehensive training course designed to help you become a better learner. You will learn how to think critically and analyze topics in order to develop deep understanding and increased memory retention. You will also be taught how to break down complex concepts into manageable pieces, and construct efficient study plans that maximize learning outcomes. Additionally, you will gain strategies for staying focused, research techniques, and an arsenal of tools to keep your learning journey on track. This course provides learners with the skills and confidence to tackle new challenges and master the art of learning.

## Key Course Content:

- Understand learning styles.
- Practice NLP communication styles.
- Avoid learning blocks.
- Gain clarity and perspective quickly.
- Comprehend large amounts of information quicker.
- Communicate your ideas and concepts effectively.
- Understand learning styles.
- Communicate similar messages differently.
- Set the context clearly.
- Use interruption techniques to keep the listener active.
- Use engagement drivers.
- Practice voice techniques.
- Use active listening and questioning skills.



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.