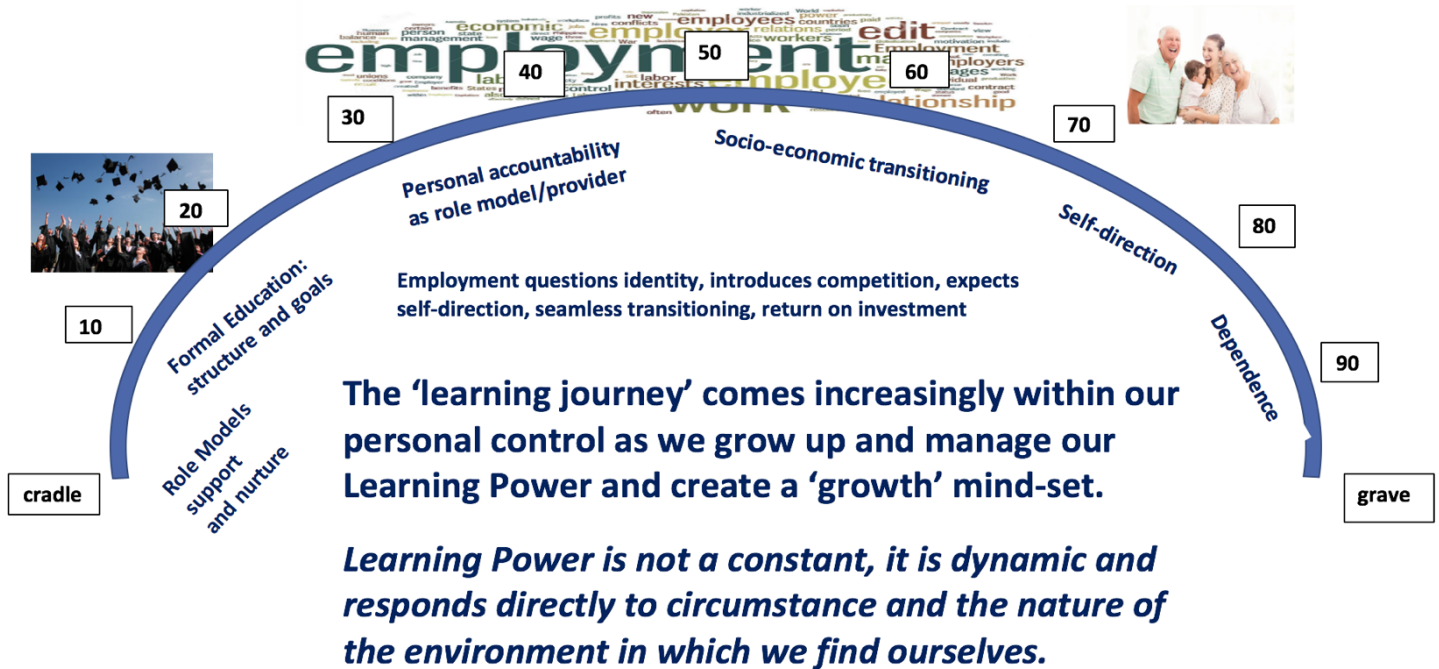


'Learning to Learn' ... when it matters most!



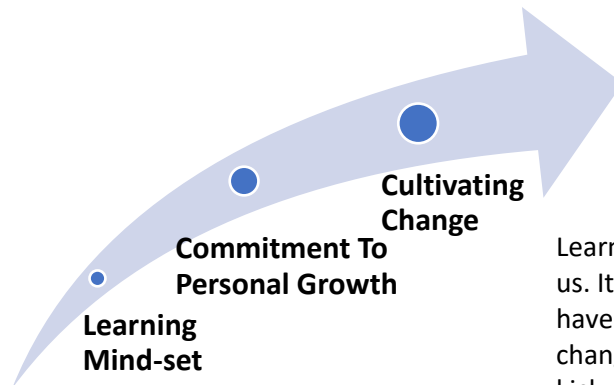
Contrary to the perception of many, learning is not restricted to the classroom, to formal education or to books and the web. Whether we recognize it or not it punctuates our daily lives. It dictates our habits and behaviors and controls our relationships.

So, being prepared to benefit from new knowledge and add it to what we already know will allow us to change the ways in which we react, to gain confidence and to improve our performance socially, mentally and physically.

What is more ... the nature of the environments in which we find ourselves at home, socially and in the workplace will influence our learning as we move from one to the other. Learning is also sensitive to any discomforts or distractions caused by arguments or conflict that may be preoccupying us.

Our power to adapt as learners, therefore, changes according to how we feel about where we are, can be cultivated through time and is responsive to our willingness to learn, to our understanding of our learning strengths and weaknesses and to our mind-set. But, it is dynamic and gives us the opportunity to manage the habits and behaviors that conspire to create the character that we are, that others see and experience.

Becoming the Architect of your own success!



Learning is a partnership between us and those around us. It adds new knowledge to what we already know, or have experienced, to enable us to respond positively to change. However, there is no hiding place! If we are to kick-start our 'learning journey' by taking the process of learning seriously, it will require a commitment to 'welcoming difference' and a preparedness to capitalise on our strengths whilst making good those weaknesses that are undermining our confidence and detracting from our performance, whether that be socially, at home or in the workplace.

Adult Learning is usually at its optimum when they ...

- feel the need to learn;
- can have an input into what, why and how they learn;
- are assured that previous experiences are taken into account and used as a resource;
- need to adapt to changes in a professional life or lifestyle role;
- can enjoy a learning climate that minimizes anxiety and encourages the freedom to experiment;
- understand how they learn best and can take that into account;
- have a learning opportunity that feeds self-respect and the need for personal autonomy.