



LEARNING HOW TO LEARN

WHAT IS IT?

We are learning everyday, not just through facts and knowledge, but through the stories we hear and the stories our brain tells us. But do we know how to learn for growth?

WHY IS IT IMPACTFUL?

This session explores how episodic memory shapes our experiences, how the brain fills in gaps to make sense of the world, and how these shortcuts can sometimes create limiting beliefs that hold us back. Unlocking this enables effective growth and development.

HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Learn practical insight into the psychology of learning to make learning effective
- ✓ Discover how memory and perception influence their beliefs
- ✓ Understand how to challenge assumptions and reframe limiting beliefs
- ✓ Have the tools to build stronger learning habits
- ✓ Leave with enhanced resilience and confidence when approaching challenges

THE RESULT?

With a strengthened learning mindset, ability to break free from limiting beliefs and greater self-awareness, you will create change readiness, willingness to test new ideas and lean into challenges with confidence.

