

Learning How to Learn



A half day immersive experience for individuals and teams who want to learn more effectively, retain information, and grow with confidence.

Learning isn't just about taking in information. It's about understanding how your brain works, how emotions shape learning, and how to create the conditions that help knowledge stick and skills develop.

WHAT WE COVER

- How the brain learns (and why it sometimes doesn't)
- The role of emotions, safety and curiosity in learning
- Fixed vs growth learning patterns
- Memory, attention and cognitive load
- Nervous system + learning readiness
- Practical tools to learn, retain and apply new skills
- Integration & action planning

WHO ITS FOR

- Individuals wanting to learn more effectively and confidently
- Teams developing new skills, navigating change or upskilling
- Organisations wanting a culture of continuous learning and adaptability

OUTCOMES

- Clearer understanding of how learning actually works
- Increased confidence in absorbing and applying new skills
- Stronger ability to stay open, curious and engaged
- Reduced overwhelm through better learning strategies
- Improved retention and real world application
- Practical tools to support ongoing learning and development

DELIVERY + PRICING

Delivered:

- Virtual (individuals + teams)
- In-person (organisations)

Pricing:

- Organisations (Virtual): £1200
- Organisations (In-person): £1500

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

