

COURSE OVERVIEW

Learning to Learn

TIPTM-106



Learning is most effective when it's tailored to how you absorb and process information. Recognising what helps you, whether it's breaking tasks into steps, using repetition, or connecting new ideas to real-life examples, can make learning more engaging and sustainable.

When you understand your own learning style, you can choose strategies that boost focus, retention, and confidence.

Module 1: Learning Styles

Being ready to learn and absorb new information is vital throughout life. By understanding your learning style, you can adopt targeted strategies that make learning more effective, engaging, and sustainable.

- The VAK module
- Different learning styles
- Successful learning tips
- Advantages of knowing your learning style

Module 2: Preparing to Learn

This module covers the steps you can take to help aid your learning journey.

- Preparing to learn
- Creating a designated learning space
- The importance of routine and taking breaks
- Distance learning

Suitable for:

All employees and managers seeking to improve their personal performance and embark upon a career development programme of learning.

Skills achieved:

- Learning agility (Basic)

Related Resources:

- Career Development Assessment
- Learning Plan Assessment
- Young person task assignment Assessment
- Work-related stress Assessment
- Performance Checklist
- Performance Improvement Plan Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

30 Minutes

Related Courses:

- Developing Self-Awareness
- Positive Mindset
- Self-Management
- Effective Time Management
- Emotional Intelligence
- Positive Mindset
- Defining Personal Goals