

Name, super short Intro

Where do you know Sebastian from?

What is one challenge that made you join this session?

Let's start

Housekeeping:

- No Sales, no shared recording
- Camera on - let's make this an interactive session
- Let's create a safe space
- Questions - raise your Zoom Hand (try once)

Agenda

Connect & Attend

Capture

Organize

Distill

Express

Extend

**The mind is for having ideas, not holding them
(David Allen)**

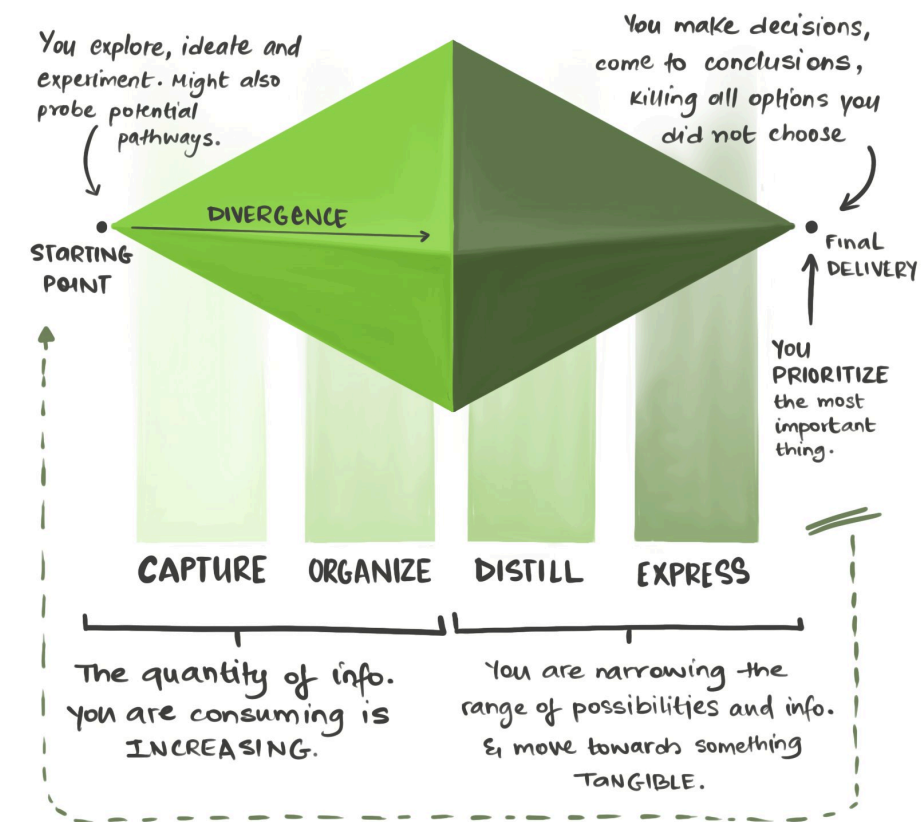
Second Brain

following the Second Brain approach by Tiago Forte

A knowledge management system that helps you manage information overwhelm by making it easy to store, organize, retrieve, use, and build upon the knowledge you've collected

THE CREATIVE PROCESS

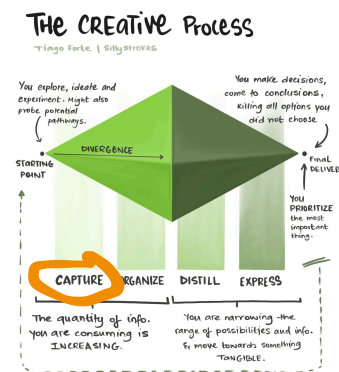
Tiago Forte | Sillystrokes



Imagine

How would your productivity and decision-making improve if you had instant access to the right information exactly when you need it?

Capture



What are the different sources of information you regularly use?

Web

Kindle

LinkedIn

Substack

Newsletter

AI Chats

How do you decide about relevance?

Feynman 12 favorite problems

How do you balance consumption vs. distraction?

Read later apps

 <https://web.getmatter.com/entry/78985666>

Daily note link

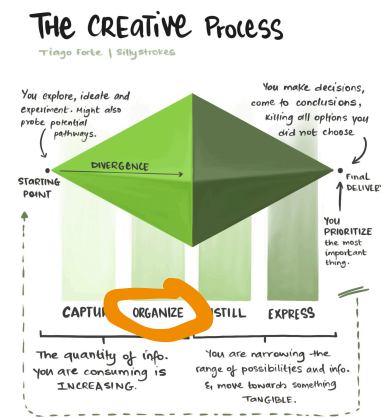
One concrete next step

Get clarity about your filters and information sources.

Then experiment with decoupling discovery vs. consumption

Build your pipeline: e.g. Web → Matter/Readwise/Raindrop.io → (maybe Notetaking App)

Organize



The paper nightmare

Organize

How do you currently organize your information?

PARA

project

A series of tasks linked to a goal,
with a deadline

resources

A topic or theme of ongoing interest

area of responsibility

A sphere of activity with a
standard to be maintained over time

archive

Inactive items from the other 3
categories

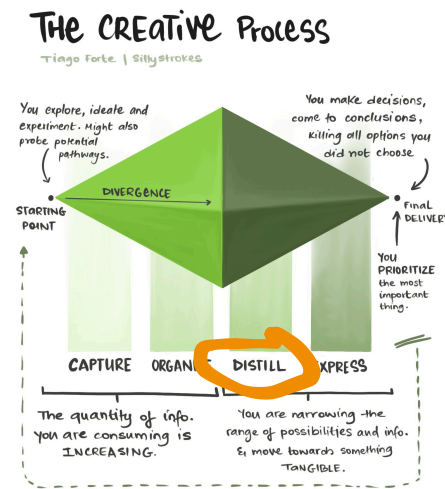
Maps of Content

<obsidian://open?vault=MyPKMS&file=S01%20Personal%2F030-039%20Areas%2F39a05%20Continuous%20Learning%2FMOC%20-%20Learning%20How%20to%20Learn>

One concrete next step

- Make a list of all current projects
- Pick the top 2
- Think about making all project-information accessible from one place (for example inside Obsidian)
- Start small! (power hint - all in archive, evolve from there)

Distill



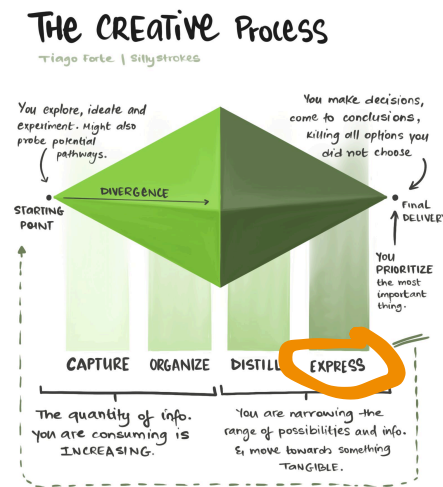
What is your approach to retain information?

<obsidian://open?vault=MyPKMS&file=S01%20Personal%2F030-039%20Areas%2F32%20Zettelkasten%2FFleeting%20notes%2FHow%20to%20take%20Smart%20Notes%20-%20Key%20Insights>

One concrete next step

- Take one core information (e.g. a recent important book)
- Distill and create a note
- Observe if it gets easier to use

Express



How satisfied are you with your level to
express/apply with your information

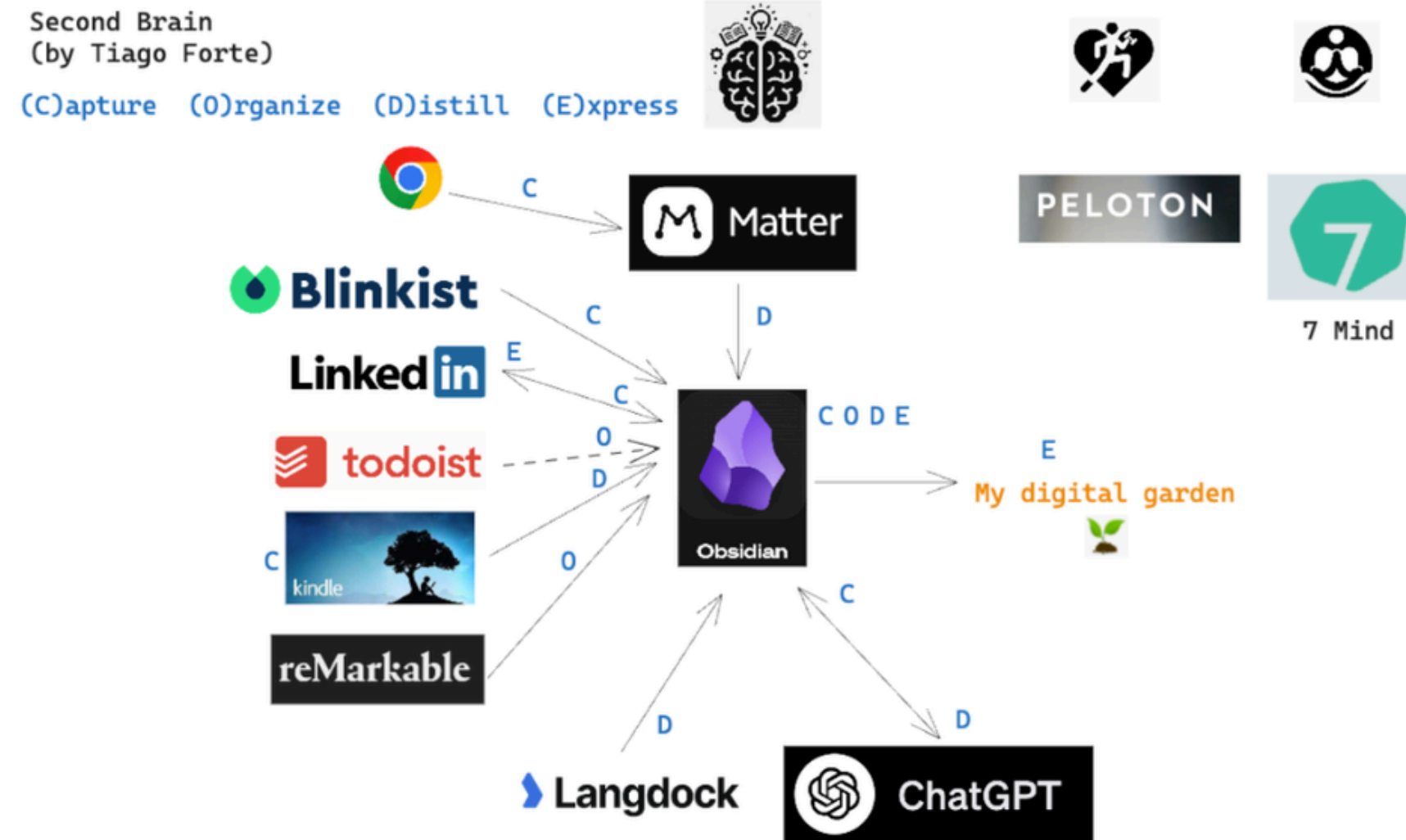
<https://digital-garden.ontheagilepath.net/>

AI 2 examples

One concrete next step

Experiment with externalizing on core knowledge snippet and add an AI assistant on top of it.

Example Second Brain

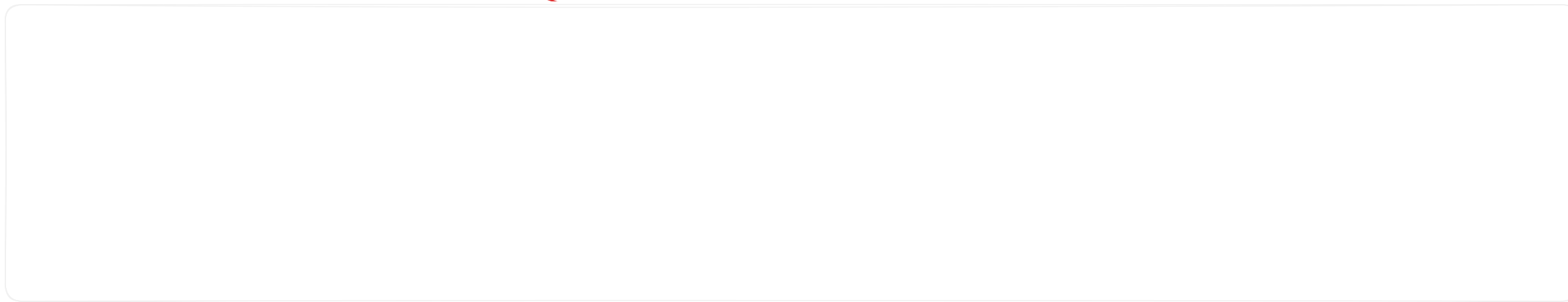
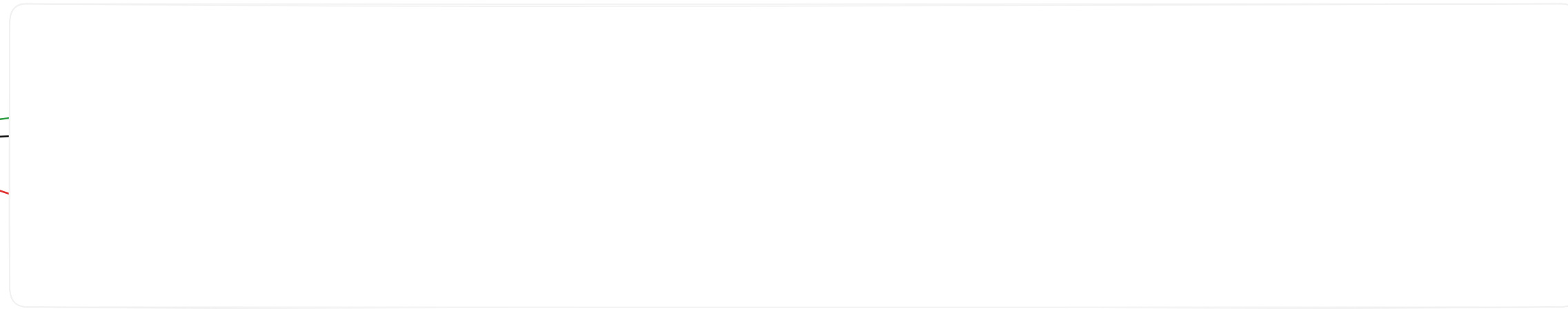
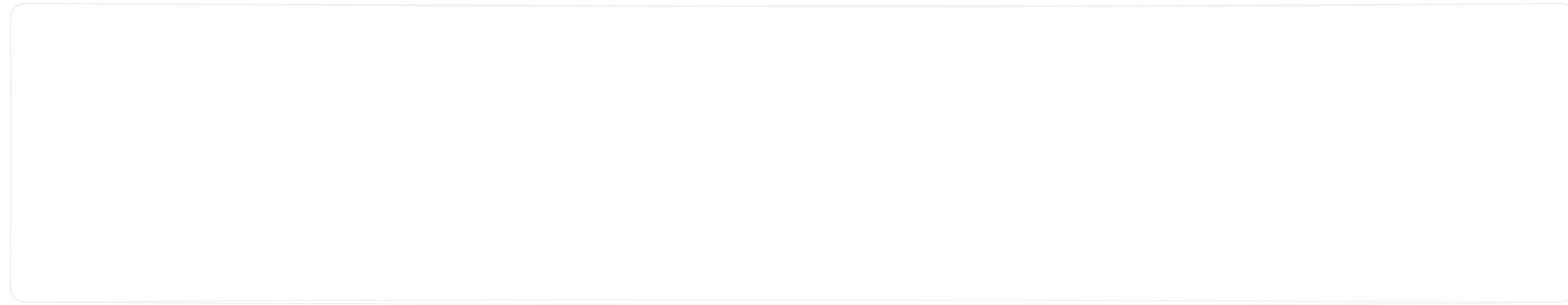


How to extend?

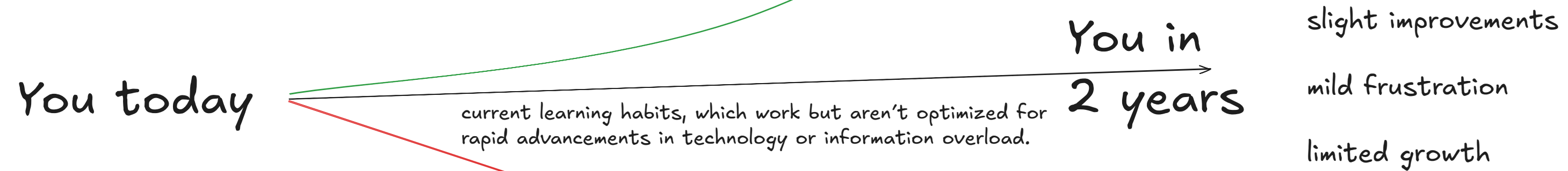
Everybody knows how to handle a flute (you blow into one end and press your fingers on the holes according to the notes you are playing), but nobody would try it out once and then judge the instrument on what they hear.

You in 2 years?

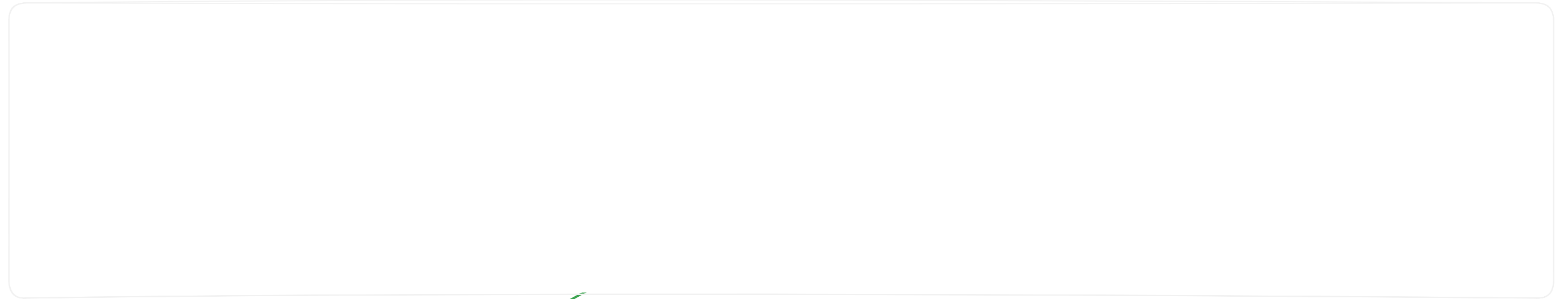
You today



You in 2 years?



You in 2 years?



You today

You in
2 years

current learning habits, which work but aren't optimized for rapid advancements in technology or information overload.

You fail to adapt your learning approach to the rapid changes in technology and information overload.

slight improvements

mild frustration

limited growth

Increased Pressure

Stagnation or even job loss

missing opportunities/ getting stuck

You in 2 years?

You today

compounding learning effect:
clear path, systems in place, high speed and retention

current learning habits, which work but aren't optimized for
rapid advancements in technology or information overload.

You fail to adapt your learning approach to the rapid changes
in technology and information overload.

You in
2 years

increased productivity

unlocked rapid career growth

you are in the driver seat

slight improvements

mild frustration

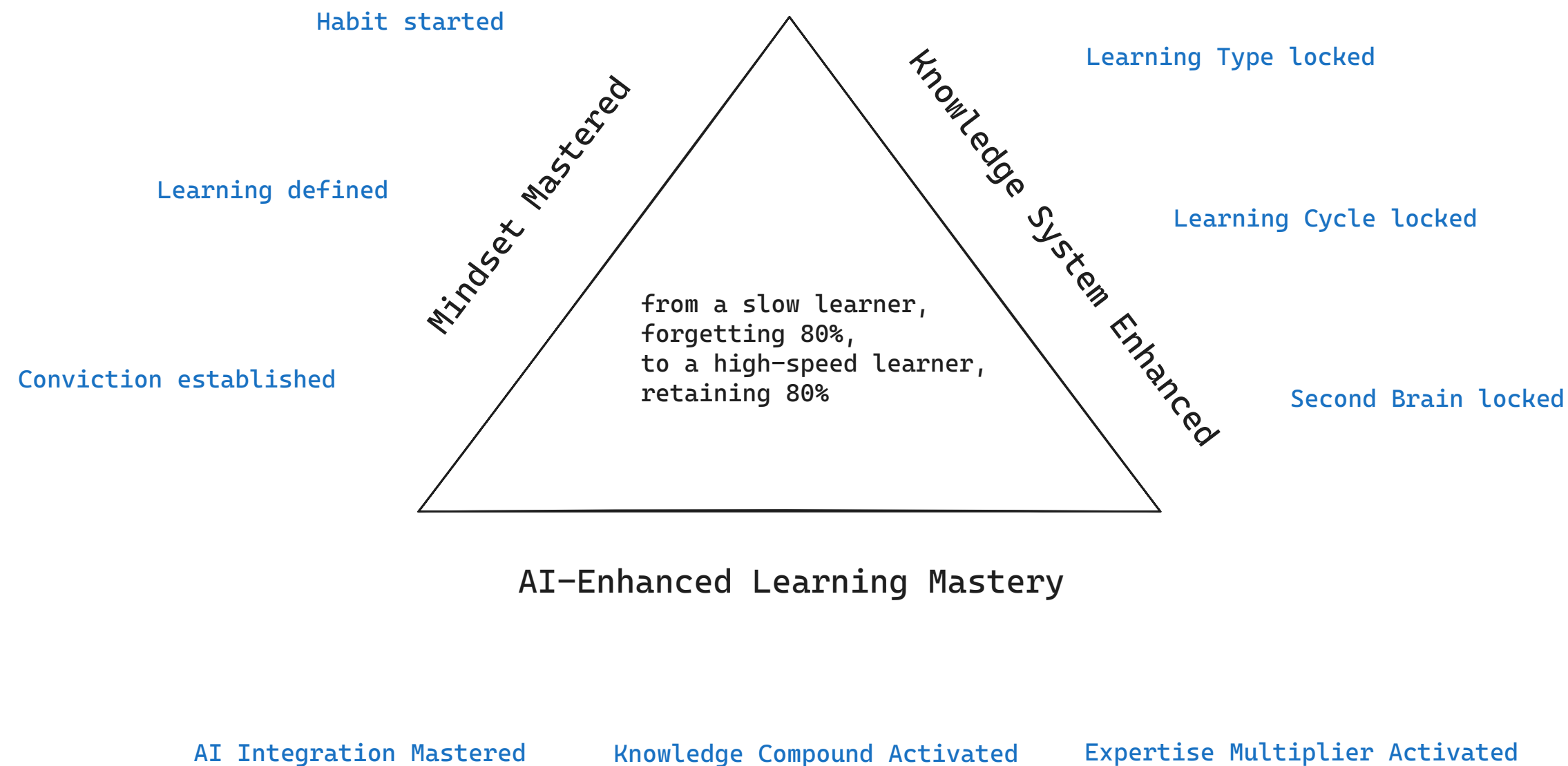
limited growth

Increased Pressure

Stagnation or even job loss




missing opportunities/ getting stuck

A complete overview



There are 3 main elements to becoming a joyful learner with high retention and high-speed learning: Mindset, Knowledge Systems, and their seamless Application. Together, these elements empower you to learn with clarity, efficiency, and adaptability, making learning a fulfilling and lifelong pursuit.

Use this assessment to identify where you stand right now and craft your roadmap and next steps.

 Red - I'm not yet really on it //  Yellow - I'm okay but need to improve //  Green - This is my superpower



<i>Mindset Mastered</i>	<i>Starting Point</i>	<i>90 day checkpoint</i>
You've transformed limiting beliefs about learning into empowering, positive ones.		
You've defined clear learning objectives and identified the key paths to focus on.		
You've implemented a continuous learning habit.		
Result: Foundational clarity and motivation.		
<i>Knowledge System Enhanced</i>	<i>Starting Point</i>	<i>90 day checkpoint</i>
Your learning strategies align with your personal style, optimizing how you absorb and process information.		
You effectively apply the 8 stages of holistic learning, connecting ideas deeply and meaningfully.		
Your retention is robust, and retrieval is fast, allowing you to access and use knowledge with ease.		
Result: High retention and speed through your personalized learning approach.		
<i>AI-Enhanced Learning Mastery</i>	<i>Starting Point</i>	<i>90 day checkpoint</i>
AI tools integrate seamlessly with your system, amplifying output quality and speed while supporting your growth.		
You've created an AI-augmented knowledge ecosystem that compounds your learning exponentially		
You're consistently creating new intellectual assets by combining your expertise with AI capabilities		
Result: An AI-augmented learning ecosystem that turns your expertise into compound growth		

My offer

3 months

option to renew

Tools

Second Brain implementation
4MAT Learning cycle
Benefit from my AI explorations

Support

Daily Learning Community
Weekly Group Coaching Sessions with me
Monthly Live Training on certain Learning to Learn dimensions

See you in the feedback calls

 <https://calendly.com/sebastian-kamilli/second-brain-feedback-coaching-call>

Reflection

Take a moment and reflect. From your future self.

- Assume you mastered your mindset.
- You got your knowledge system in place.
- Your learn with speed and impact.

And all started from exploring your Second Brain ...

