4MAT

To Create Holistic Learning Experiences

Perform | Connect
Refine | Attend
R R
L L
R R
L L
Extend | Image
Practice | Inform

Sneak preview on session design: Amplify your Second Brain and Digital Garden with AI Workshop upcoming in the NessLabs community in 04.06.
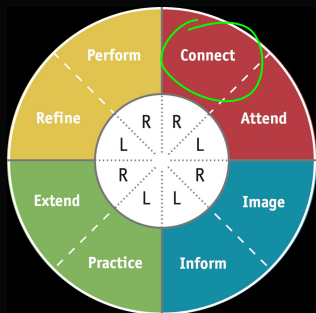
→

Carousel - further slides...

Second Brain Builder ★ AI enthusiast ★ Leadership Coach

Connect - with you

intention

- Create an AWWW
- Introduce main concept

sneak preview

Show 2nd brain

Quote:
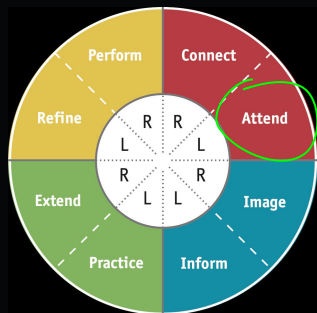Your mind is for having ideas, not for storing them

Attend - get your voice in

- Individually reflect on the Connect impression
- Connect with the main concept

sneak preview

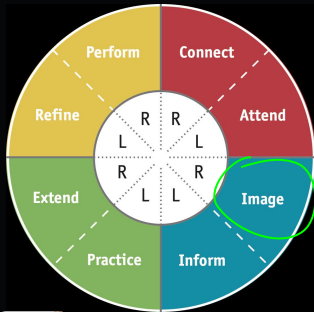Poll: Second Brain expertise

Poll: AI expertise

Ask: What made you join this session?

→

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Image - create your image

intention

- Connect emotionally with the concept
- Create an inner image - what becomes possible?

sneak preview

mental image: 💬
What would be different for you, when you could retrieve all your learnings on the spot?

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Inform & Practice - satisfy your inner WHAT learner

intention

- Bounce between theory *and*
- Immediate application

sneak preview

4MAT

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R R
L L
R R
L L

C
Reflect:
How do you currently
capture information?

Action: What will you
try next regarding capture

Explain: Basic Obsidian overview (Notes, Links)
Explain: C.O.D.E theory overview (Drawing)

Explain: Capture Stack
(live Demo Matter, Kindle, AI capture)

O
Action: Let people explore
the map by themselves for
a minute

Explain: a Map of Content for Second Brain and
share the link to the MOC in my Digital Garden

Explain: PARA via PARA image
Show: a PARA example in my Second Brain

P.A.R.A

D
Give them a detailed
text about distill and ask for
summarizing with ChatGPT

Show a super distilled version
of How to Begin as teaser to begin

E
What do you want to express?

What information do you need
to get started?

Explain: Show the LinkedIn GPT and how I can express
daily based on my connected thoughts and briefing of the AI

Show: The Digital-Garden as an expert from my Second Brain - implemented
using code generated with AI

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Extend - to your life
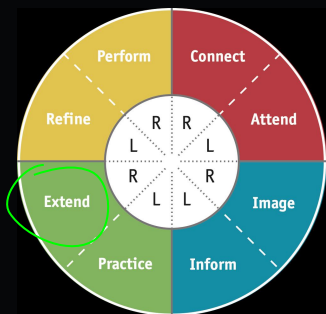
intention

- Transfer the learning to your life
- Choose what best fits your learning style

sneak preview

What list of current projects would benefit from a more integrated management of information?

Which 3 main books/bigger topics would you consider to adding to your Second Brain?

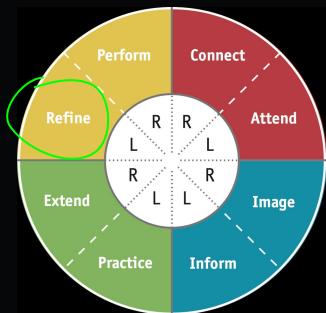Watch later: Nice video explanation by Zsolt

Book in Blinks Space with Advanced Learning books

How would growing a Digital Garden help you to connect with other?

What do you imagine this could grow into in the next years?

→

Refine - reflect on your image

intention

- Connect back to your image created in step 3
- Look at what you learned and refine what you want to create
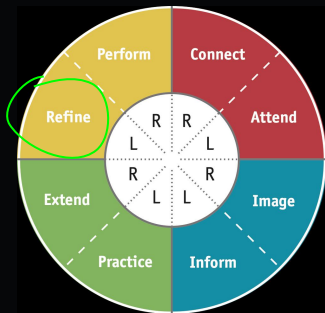
sneak preview

connect back to mental image: 💬
What would be different
for you, when you could retrieve
all your learnings on the spot?

What was in it for you that can
bring you one step closer to faster
retrieval?

let some share with others...

→

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Perform - implement it fully

- Take the concrete next step and get it implemented

What is one thing you explore or implement in the next 48h?

Connect with me on LinkedIn

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Follow me on **LinkedIn**

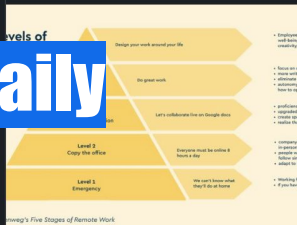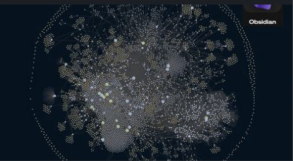**Smarter Learning insights ...shared daily**

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