



We touch
today

- ➡ The mindset of learning
- ➡ Creating high-impact outcomes
- ➡ Modern tools/approaches for learning

What are **beliefs or thoughts** you
have **about learning that** might be
holding you back?

3 Steps to Change

1) **Name** your Limiting Beliefs

Belief: “Intelligence is fixed and cannot be changed or improved.”

Neuroplasticity: Our cognitive abilities can grow and adapt with experience and learning.

2) Get to the **Facts**

Growth Mindset: Intelligence can be developed

Learning and Practice: Skills and intelligence can improve with deliberate practice.

Intelligence is malleable and can be developed over time through effort, learning, and perseverance.

3) Create the **new Belief**

By embracing challenges and continuously acquiring new skills, I can enhance my intellectual abilities.

10 Terms – Memorize now

Avocado

Blueberries

Dark
Chocolate

Olive Oil

Flax Seeds


Broccoli

Spinach

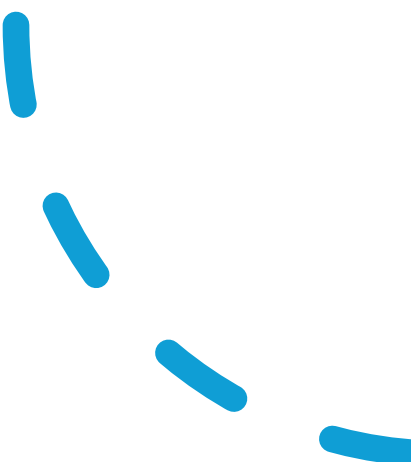
Tumeric

Walnut

Water



When do you still need to
memorize?



Memorize with your Body as Memory Palace

- you balance an **AVOCADO** on **top of your head**
- put two **BLUEBERRIES** in your **nose**
- **DARK CHOCOLATE** melting on your **tongue**
- you massage your **temples** with **OLIVE OIL**
- you **swallow** soaked **FLAX SEEDS**
- expand the **florets of BROCCOLI** on each breath
- you do the **Popeye SPINACH** move
- **fingers dusted** with golden hue of **TURMERIC**
- a **big WALNUT** on your **belly button**
- you now **drink a glass of WATER** in one turn



Discover your Learning Type

https://aboutlearning.dk/minitest_UK/



Style 1 - Empathetic



- Seeking meaning
- Needs to be involved
- Learn by listening and sharing ideas
- Absorbs reality
- Perceives information concretely and process it reflectively
- Interested in people and cultures
- Open and believe in their own experiences
- Excels by viewing concrete situations from many perspectives
- Adapts towards those they respect
- Works through social interaction
- Imaginative

Strength: Empathetic and imaginative
Objective: to engage in important issues and build consensus/harmony
Favorite question: Why?

Style 2 - Analytical



- Seeking facts
- Needs to know what experts think
- Learn by thinking through ideas
- Shapes reality
- Perceives information abstractly and process it reflectively
- More interested in ideas and concepts - than in the people behind them
- Collects data and information and evaluate it critically and objectively
- Thorough and diligent, reviews facts once more if something seems odd or if something is not adding up
- Enjoy traditional classroom teaching
- Works by adapting to experts

Strength: Creating concepts and models
Objective: Intellectual recognition
Favorite question: What?



Style 3 - Practical

- Seeking usability
- Needs to know how things work
- Learn by testing theories in terms of what seems reasonable
- Edit reality
- Perceives information abstractly and process it actively
- Use facts to build concepts
- Needs hands-on activities
- Enjoys solving problems
- Needs to know how what they do, can be used in everyday life
- Works by drawing conclusions based on experiences

Strength: Practical application of ideas
Objective: Use existing knowledge to secure future usability
Favorite question: How?

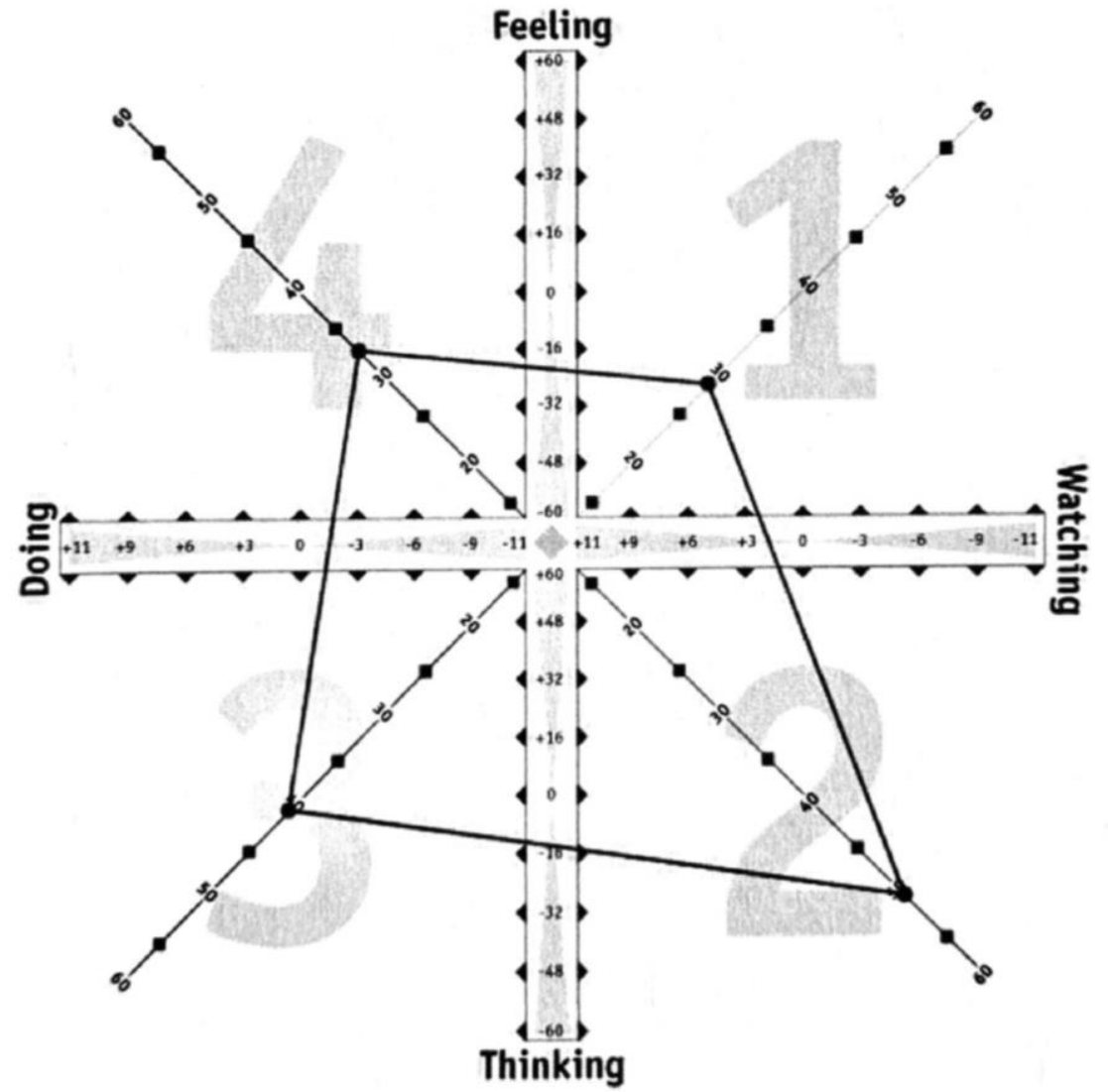


Style 4 - Dynamic

- Seeking hidden opportunities
- Needs to act and experiment
- Learn through "trial and error"
- Enrich reality
- Perceives information concretely and process it actively
- Flexible - and always searching for new connections
- Likes variety (for variety's sake)
- Excels in situations that require flexibility
- Takes risks - and often reach accurate conclusions in the absence of logical justification
- Works through action - and testing of knowledge and experience

Strength: Action, kick-starting things
Objective: To make things happen, driving ideas into action
Favorite question: What if?

Exchange about Learning Types in your Teams



What are the **benefits of understanding** your own and your team members' **learning types**?

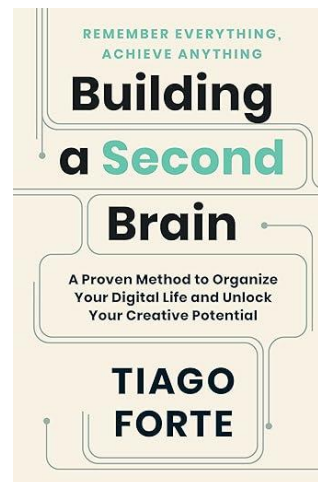
Your mind is for
having ideas, not for
holding them

David Allen



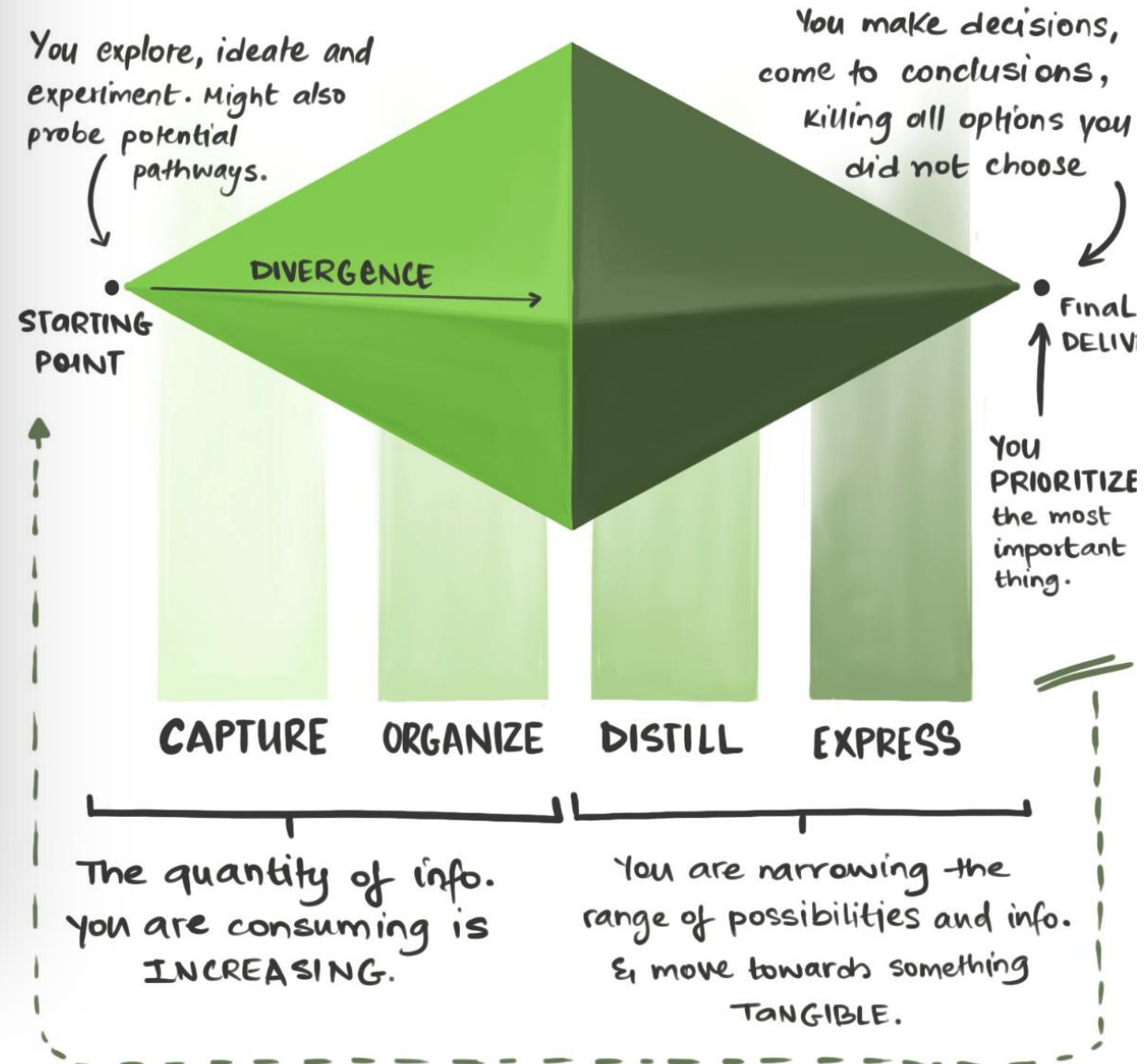
Building a Second Brain

CODE



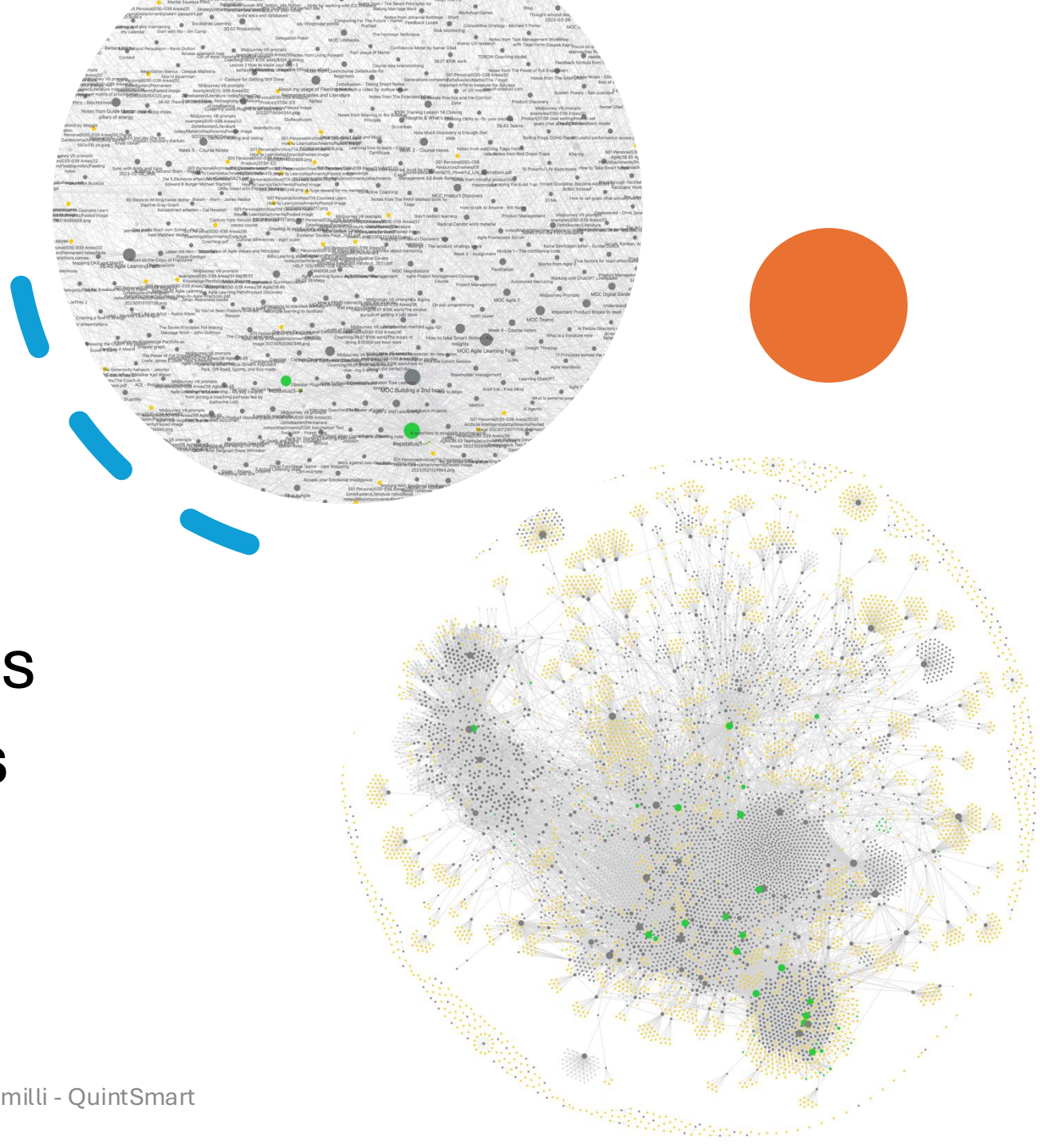
THE CREATIVE PROCESS

Tiago Forte | Sillystrokes



Enable Networked Thinking

From taking notes
To **Making Notes**





Do you apply an
AI First Mindset
when it comes to
learning?



FIVE ROLES FOR AI

AI as a
PERSON

AI as
CREATIVE

AI as
COWORKER

AI as a
TUTOR

AI as a
COACH

Knowledge x **Action** = Power



Sebastian Kamilli

🚀 Learn Smarter and become a Fast Laner*
with Me ↓ | Ex-Blinkist, Ex-Idealo, Ex-Zooplus

