

Learning Foundations 4 Step Action Plan

1. Think about your experience in the meeting exercise. Which of the three positions was easiest for you to adopt? If you had a preference for one position, make a list of the benefits of that position. Then make a list of the drawbacks. For example, if you have a strong first position, you know your own mind, but might be considered opinionated. A strong second position gives you great empathy but can lead you to neglect your own interests. A strong third position gives you objectivity, but you risk appearing distant. Then make a list of the benefits that you would get from developing the other two positions. Develop your weaker positions. Make a point of taking them whenever you have a decision to make.

2. What do you associate with the word 'learning'? What sort of feeling does it give you? What was your experience of learning at school? What have you learned about learning from your life's experience?

3. Who have been your best teachers? What was it about them that made them stand out?

4. The next time a friend tells you about a problem, listen beyond the words to the neurological levels. Which level does the problem seem to come from?