

ASSOCIATE TIPS

Learn how to Learn for Maximum Learning!

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Learning is such a big part of what we do but how often do we sit back to reflect a little deeper about how we learn, and also, how we help others learn?

Here are some tips and (ahem!) reminders about learning from an Emergenetics perspective!



ALWAYS START WITH ME

Recognise the lens (our preferences) through which we learn and through which we **expect** others to learn from. Also recognise that each of us has our unique way of learning.



DON'T OVERCOMPENSATE

That being said, the idea is to help everyone learn holistically, not to overcompensate for a specific unique learner. The same applies to you – understand how to communicate **holistically**, not overcompensate for your blind spots. Stay true to yourself. In a bid to compensate, don't lose yourself. Remember to work through your strengths to improve!



USE THE SPECTRUM

Study the preferences of the group that you are engaging and recognise the areas you might mostly resonate with and the areas you might not. This allows you to adjust the way you facilitate which brings us to the next point...



KEEP THE LEARNING OBJECTIVE IN MIND

Whether you are leading a class, or learning on your own, keep the learning objective(s) in mind even as you implement new strategies.



DECIDE ON A STRATEGY

Focus on the areas which you most likely won't be naturally communicating from and intentionally weave in strategies to compensate for them. This will allow you to reach out to the different types of learners in your group.



ENVIRONMENT COUNTS!

Besides the learning approach and content, we cannot afford to forget the environment. Where possible, create a holistic environment – physically, emotional and mental - that appeals to each of the 7 attributes so that inner motivation kicks in and Learning truly Never Stops!



LEARN FROM YOUR CERTIFICATION MANUAL

Review the chapter on Learner Considerations to understand what each unique learner will be looking out for from each of the 7 attributes. Then, be sure to actively practise these tips, helping you become a more holistic trainer.



If you would like to find out more about implementing any of these Tips in a workshop or programme, please contact Colin at colin.yeow@emergenetics.com.