

OUR APPROACH TO LEARNING - EXERCISE

PAST LEARNING EXPERIENCES

Take a few minutes to think about key moments in recent years when you felt you grew in learning. These might be related to:

- taking on a new job
- assuming more management responsibilities
- working on a diverse team
- coming across relevant information for your current challenges
- discovering interesting data or new ideas that stimulates the mind
- being moved by experiences shared by others
- passing through periods of failure of other personal hardship
- ...

Reflecting on our experience

- What do these experiences reveal about how you learn best? (do you learn most effectively by reading information, by hearing others discuss it, by being involved, by working with other people, by working alone...?)
- How did these experiences help you develop and mature? What would others say about the growth that occurred in you? (skills you acquired, change of behavior,...)
- Which experiences were particularly stretching/challenging? Why? What support did you need?
- Which experiences have been in some way transformative for you? What enabled this transformation?

Maximizing the current learning journey

- In the current learning journey, what kind of support works best for you? What kind of challenges motivate your development?
- What stretch experiences are you willing to try?

ADDITIONAL EXERCISES

There are currently no additional exercises for this section