

### **Learning Capacity**

**How To Develop and Increase It** 



... Is this woman Young or old?

When last did you learn something new that impacted your life, work or family?

Our ability to learn is not fixed.

It can change with efforts.

- (Growth Mindset)

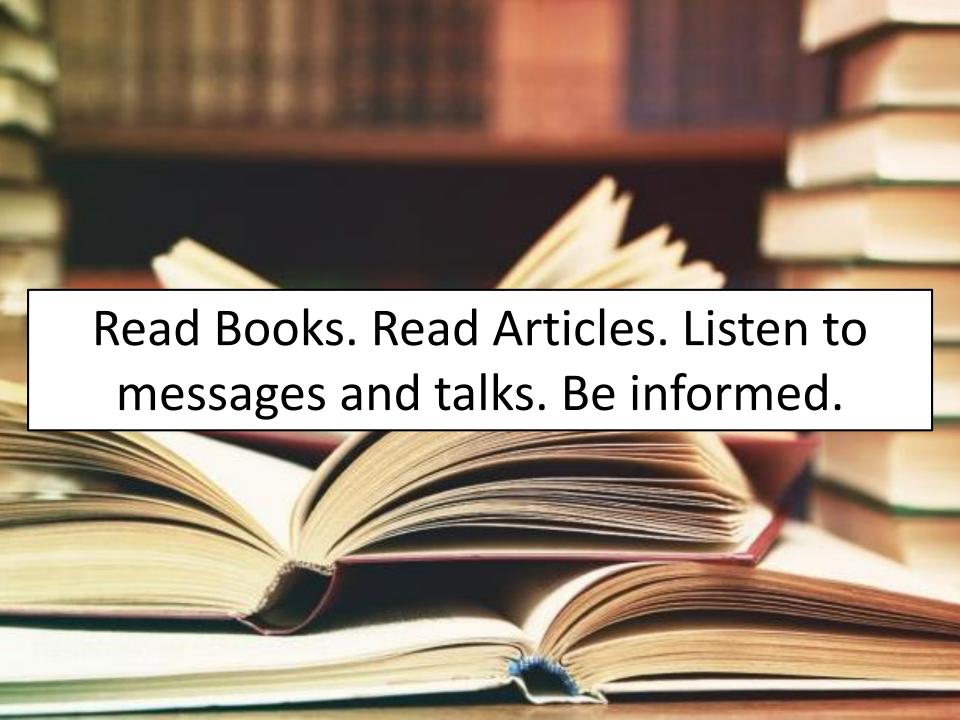
# Why do adults *seem* to have difficulties learning new things?

The reason some people don't acquire new/more knowledge is rooted in their fear of taking risk.

Learning agility is the capacity for rapid, continuous learning from experience. It is the ability to let go of perspectives or approaches that are no longer useful. People with this mindset are open to new experiences. They experiment, seek feedback, and reflect systematically.



Be open to new experiences and Challenges. Stretch yourself.



ask for feedback

## Constantly ask for feedback

Make time for reflection and write down your learning points.





Share your Experiences

WRITE

## Share your experiences and knowledge with others.



The journey from where we are to where we ought to be or want to be is knowledge.

Our capacity to acquire it fast and utilize what we learn determines to a large extent our level of success.

#### **Thank You**