




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.



Read Books. Read Articles. Listen to
messages and talks. Be informed.

A yellow sticky note with a drop shadow, containing the handwritten text "ask for feedback".

ask for
feedback

Constantly ask for
feedback

Make time for reflection
and write down your
learning points.



**Share your experiences
and knowledge with
others.**



**Share your
Experiences**

WRITE



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