

Effective Learning - for the rest of your life

Living is learning. We learn our whole life long! Due to knowledge's continually shortening half-life, one can no longer rest on one's laurels.

New neurobiological studies show that the saying "an old dog cannot learn new tricks" no longer holds true. On the contrary "old dogs" can learn effectively and even create entirely new assemblies in the brain. But learning needs to be learned or re-learned!

Learn to learn efficiently and effectively!

Improve your learning behavior so that you will be prepared for today's and tomorrow's rapidly changing challenges. Optimize your learning behavior with systemicslean™ Learning!

We will systematize and train you in the following areas, which are important for your ongoing learning success:

- **Metacognition and Self-Perception:** HOW do I learn?
- **Motivation:** WHY am I learning?
- **Time planning and setting priorities:** WHEN do I learn?
- **Reading strategies:** Reading is the most important tool for acquiring knowledge.
- **Mnemotechniques:** Remembering more, with effective memory strategies.
- **Learning strategies:** Learning with all the senses!
- **Feedback:** HOW SUCCESSFULLY do I learn?

systemicslean™ Learning consists of three fixed training units of four hours apiece, followed by your 12 week practice phase, during which we will support you in implementing your new learning strategies (blended learning).

efficient and effective