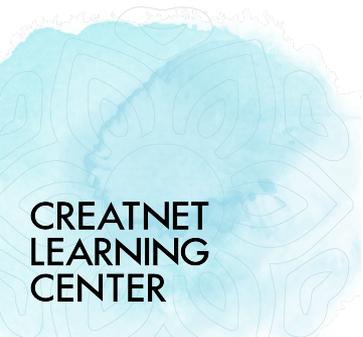


Youth Leadership Program.

Learning To Learn



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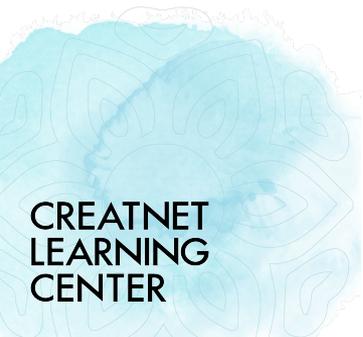


silence

Practice of Silence

Awareness of Sensations in the Body

Grounding.



Agenda.

- Recap
- Becoming aware of my idea of learning
- Exploring the competency of learning to learn and taking responsibility of it

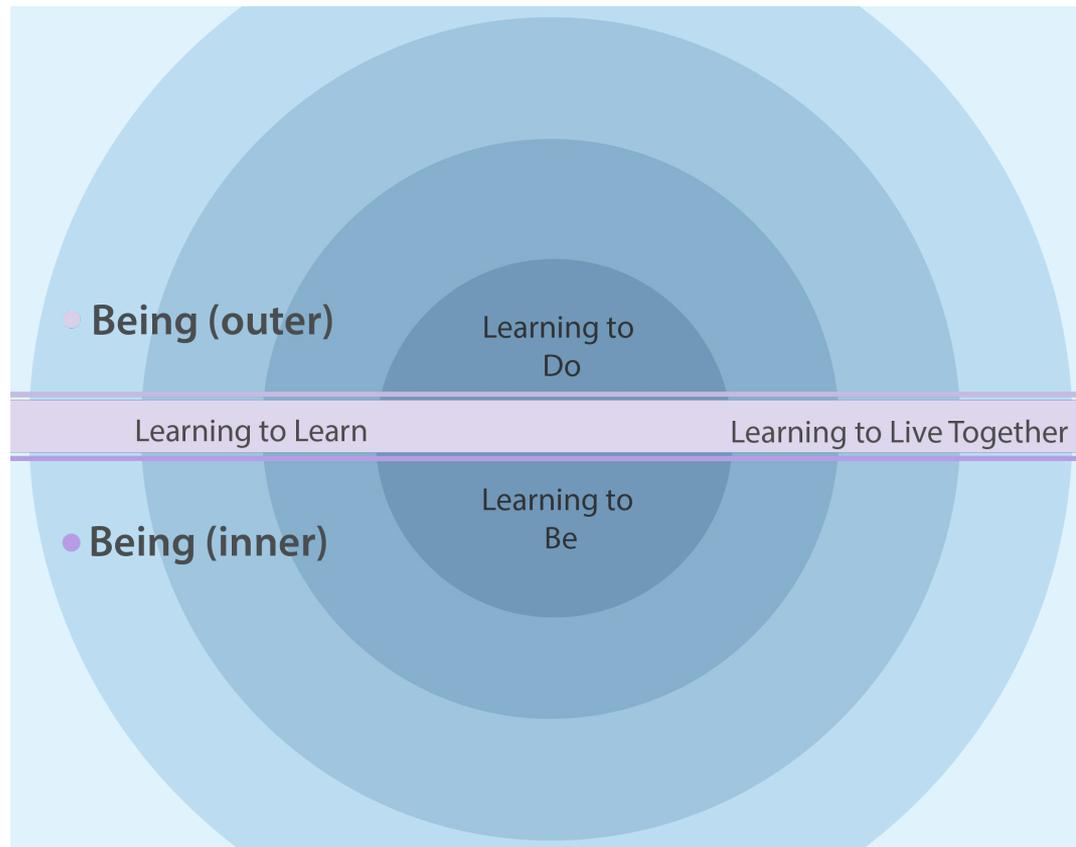
Sharing

What did I connect with from last week?

Project vision reflection:

- What will I be able to do at the end of 10 weeks?
- What will I be internally (feeling, thinking)?
- What will I be externally (behaviour, attitude)?

So far we
looked
at...



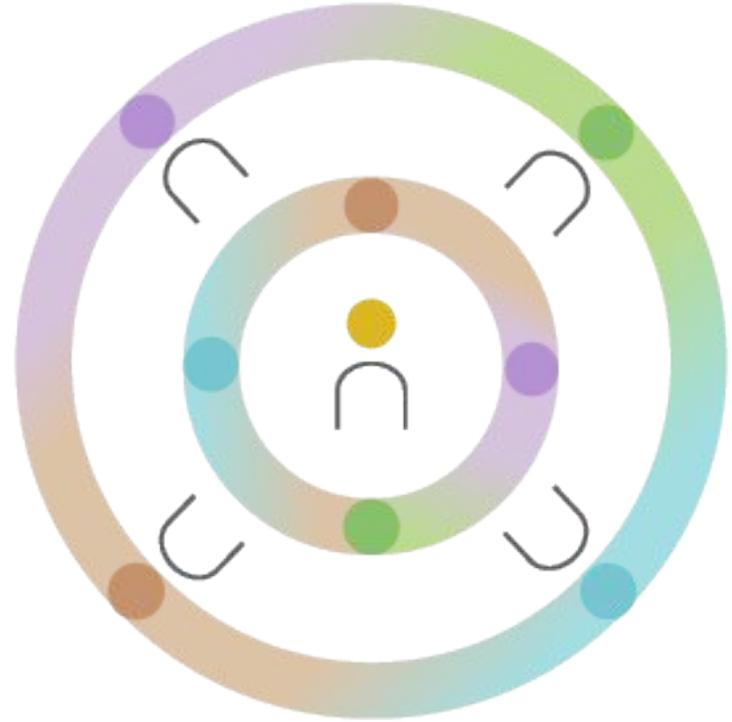
Sessions 1-5: Focused on individual learning & challenges

Session 6-10: Group learning & working together

Growth - inner and outer.

Learning to Be

Internal anchoring require a practice of self- observation - observing the observer .
Everything changes - except the observer - the real you.



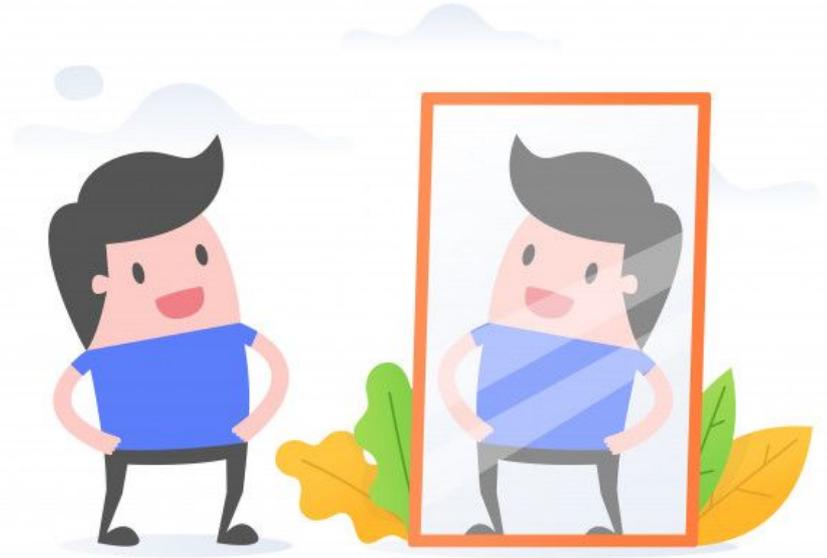
It's in silence, when the mind is quiet - that you connect - to yourself

Leadership is Responsibility.

There will be many challenges you will experience. Your mind may externalise these challenges.

You have the ability to choose...

- What you are being
 - How you think
 - How you feel
- What you say
- What you do



Challenge = Opportunity to Learn and Lead

What I am being?

What I can do?

...will lead you to internalise and take responsibility.



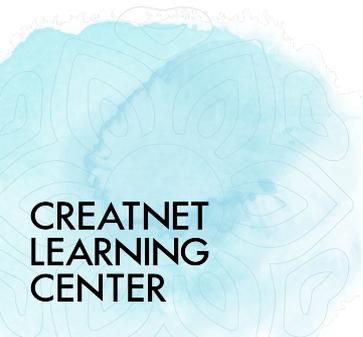
silence

Part 1

Becoming aware of my idea of learning.

The highest education is that which does not merely give us information, but makes our life in harmony with all existence.

- Rabindranath Tagore



Up to 65% of the jobs Generation Z will perform don't even exist yet and up to 45% of the activities people are paid to perform today could be automated using current technology. This won't necessarily mean fewer jobs, but it will mean new jobs requiring different skills. Add to that the fact that **38% of employers** tell us they're already having difficulties finding people with the right skills to fill open jobs and it's clear that there's a mismatch. Anticipating what the skills of the future might be is critical if we are to build a sustainable pipeline of talent.

Learning is the most critical ability for us and the new generation.

Mara Swan, [This skill could save your job – and your company.](#) World Economic Forum

What is:

Learning?

Knowing?

Think of something that you learnt recently.

What did you learn?



Think of something that you learnt recently
What did you learn?

How did you learn?

- How do you like to take in information?
- How do you process that information?

More Verbal or more Visual?



Action before reflection?



Reflection before action?



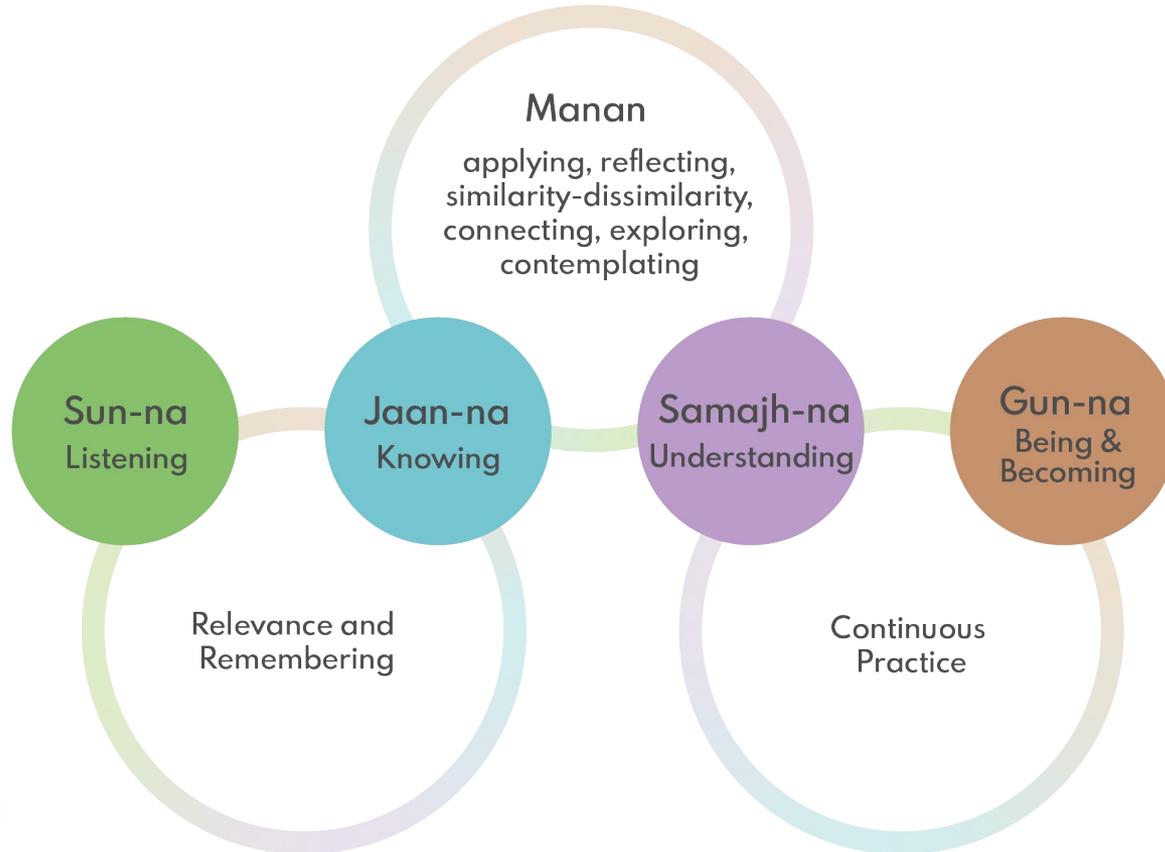
Looking at Whole or Part?



How did you know that you have learnt it?

What changed after the
experience?

An Indian Understanding of Learning.



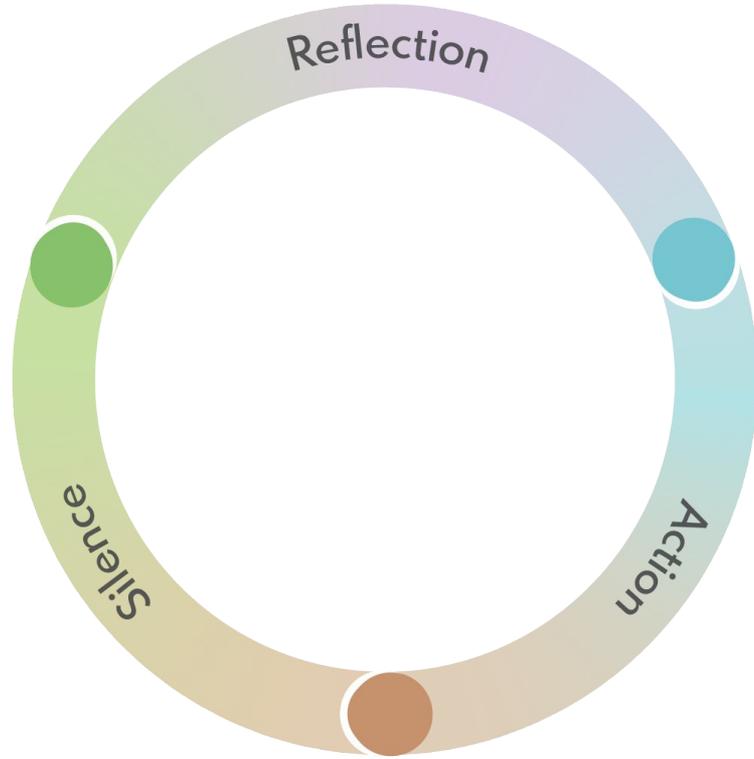
Each person learns differently.

For learning to happen an adult need to see the need and consciously experience all stages of learning - taking in knowledge, reflecting, applying, sharing their experience

It leads to a progressive expansion of awareness- an increase in abilities - inner and outer

Conscious learning is a
practice - of reflection, action
and silence.

- Darshan Bhat



Now we know our preferential learning styles.

We also understand that learning loop needs to be completed for the learning to happen.

How will knowing my learning style help me in learning things now?

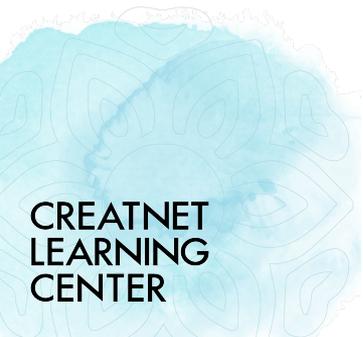
What can I do differently to strengthen my learning(ensure gunna happens)?



silence

Part 2

Learning to learn and taking responsibility.



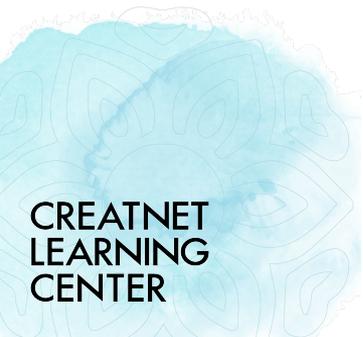
Practice of Silence

Observing the body & mind.



[*From the practices of SEE Learning](#)

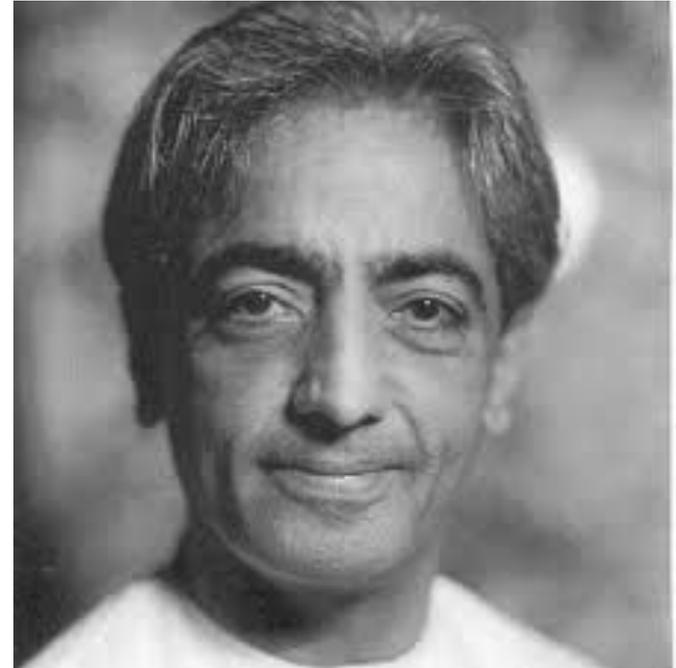
What did we observe?



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“The brain is quiet when there is attention. The ability to observe without evaluating is the highest form of intelligence. ”

- Educationist & philosopher, Jiddu Krishnamurti



Cultivating a practice of self-observation - observing your thoughts, feelings, sensations, body , breath, makes one aware and equanimous.

Everything changes - except the observer - the real you. It's in silence, when the mind is quiet - that you connect - to yourself.

“Attention is the key to learning. Meditation helps you voluntarily regulate it.”

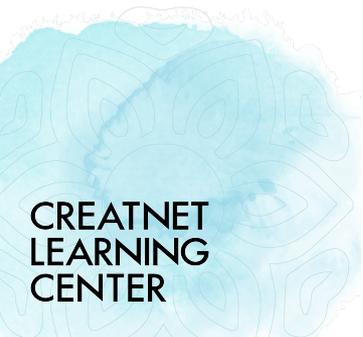
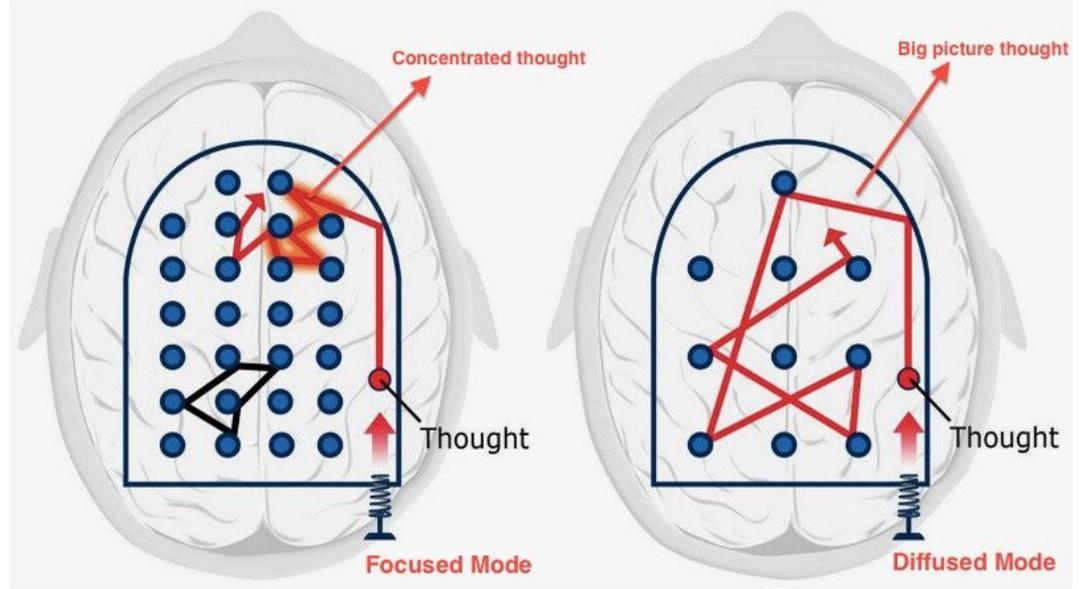
Richard Davidson, director of the Laboratory for Affective Neuroscience at the University of Wisconsin.

Studies have linked attention and meditation.

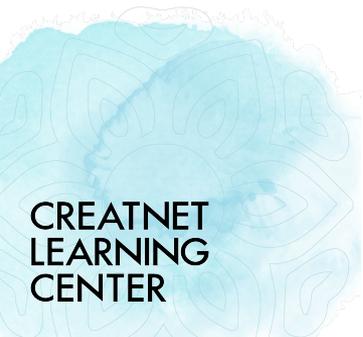
[Antoine Lutz, et al., Long-term meditators self-induce high-amplitude gamma synchrony during mental practice, *PNAS* November 16, 2004 101 \(46\) 16369-16373](#)

Focused and diffused modes of learning.

The mind alternates between focused mode (directed attention) and relaxed mode (relaxed attention, where the mind can wander) to learn most effectively*



When do I learn?

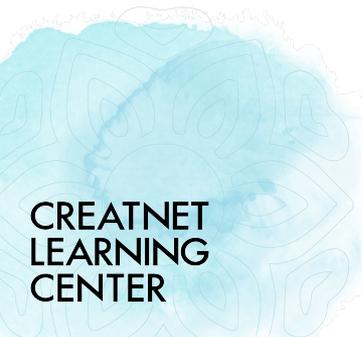


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Life provides the context and feedback loops - that enables one's learning.

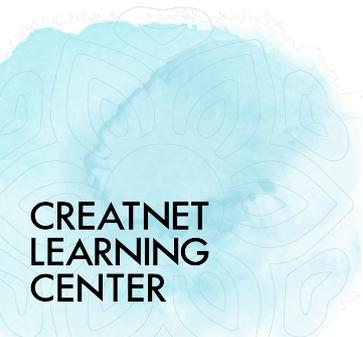
Taking responsibility of your learning is the foundation of leadership.

This requires you take responsibility- for your inner beliefs and outer actions.



“Learning is a product of continuous real time feedback loop in which we make decisions, see their outcomes and improve our understanding of reality as a result.”

- Ray Dalio



Creatnet's 5 Questions(C5Q)

Learning as a continuous practice, is
enabled through feedback loops

1. What did you do?
2. What got created?
3. What did you do that worked
and what were you being?
4. What did you do that did not
work and what were you being?
5. What will you do differently?

Self directed - takes responsibility of one's learning.

- Identifies 'Sources' of information needed for learning
- Sees knowledge as evolving
- Opens to feedback constructively
- Questions and is open to questions
- Improves and grows

Session Synthesis

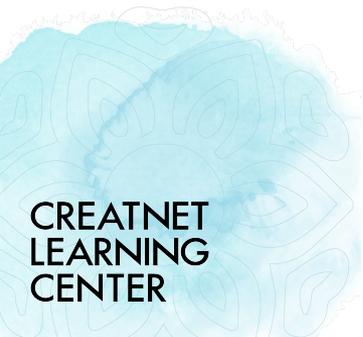
- Each person learns differently. One can take in and process information differently (**verbal/visual, action/reflection, part/whole**)
- For learning to happen an adult need to see the need and consciously experience all stages of learning. **Conscious learning** is a practice of **Action, Reflection & Silence**. It's in silence, when the mind is quiet - that you connect - to yourself - **observing the observer**.
- Taking responsibility of your **learning is the foundation of leadership**. Learning as a **continuous practice**, is enabled through **feedback loops**

What emerged for me today is...

My commitments for the week are...

Curations - Required Learning Resources

Krya Link to Day 2.



Post Session - Work.

- Assessment - **Knowing my nature**
- **C5Q on commitments** for the week on project

- Project Reflection: Defining my learning needs and project further
 - What are my learning needs? (skills I need, mindsets I need to change/build)
 - What is my Learning Style?
 - How do I plan to use it?

Next Week...

Day 3 - Right Work- Swadharma

- Understanding my nature (swabhav) through self and others and exploring my right work
- Exploring relationships between work and customers, the value one can generate



silence

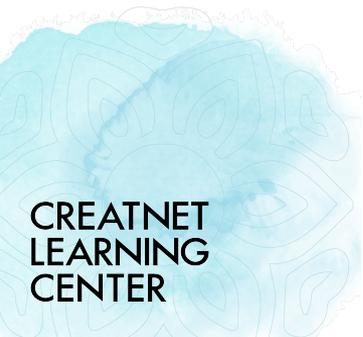
Practice of Silence

Breathing in, I'm aware of my body.

Breathing out, I release the tension in my body.

Feedback.
Please share [here](#).

Thank You Leaders.



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