

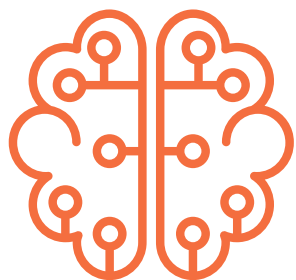
Stellar labs Presents

LEARNING AGILITY 1

Conscious Learning - when life changes, adapt fast!



STELLAR LABS
FUTURE LEARNING TODAY



Is this programme for you?

Adapting fast is essential when changes hit us. Right now you may be adapting to working differently, using new technology, working more independently, studying for qualifications or dealing with rapidly changing systems, information, data or processes.

With so many regular updates and with less support than you may be used to, you need to become a self-sufficient, conscious learner. Invest in your career with the skills and techniques of meta learning, used by experts in multiple fields to guarantee you thrive now and for your future.

In this brain based programme you may be working remotely but it doesn't mean you're learning alone. You'll warm up at your own pace using our interactive digital platform, then learn, discuss and collaborate with peers and experienced, world class mentors in action packed virtual Labs.

You'll have time to reflect and immediately put new ideas into practice on your own real life learning challenges, building new skills and habits for your long term success. (This is part 1 of a 2 part series that builds learning agility for life)



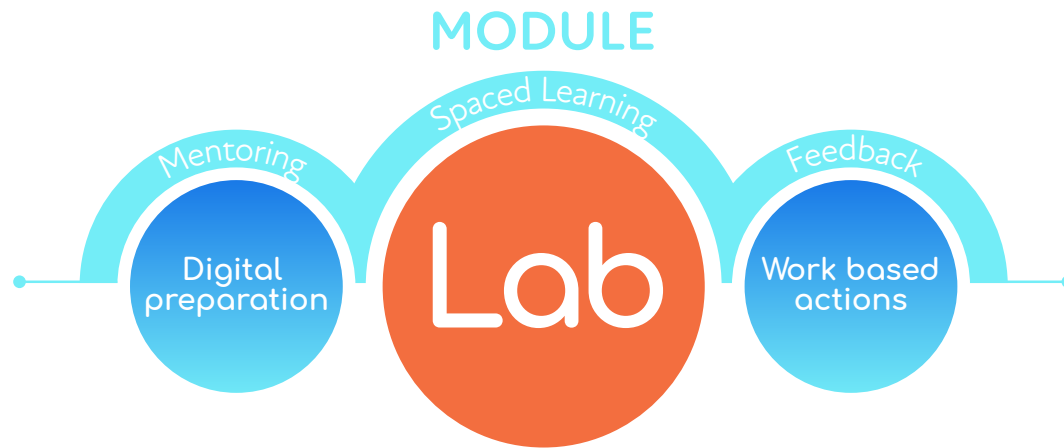
STELLAR LABS
FUTURE LEARNING TODAY

Programme information.

This programme consists of 4 modules each of which includes:

- Self-paced digital preparation before each Lab (approx. 60 minutes)
- Online virtual Lab with our Learning Scientists and your fellow participants (120 minutes)
- Work based activities and challenges to guarantee you use and embed your new skills immediately (approx 60 minutes)
- Feedback, support and mentoring from your peers and our Learning Scientists
- Spaced learning with regular memory prompts, checks and nudges from our mobile app for 6 months to guarantee your learning sticks and your skills stay fresh and relevant.

Deep Learning Time of at least 20 hours that lasts your lifetime



Plus you will receive:

- An illustrated eBook packed with even more tips – Guide to Learning by Stella Collins
- Online assessment of your preferred learning strategies and guidance to build new ones
- Recordings of all the Labs for review later
- Access to the digital platform for 1 year

Goal of the programme.

By the end of this four-module programme you will gain:

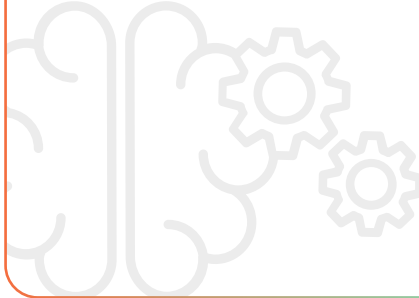
Knowledge & Insight

- Brain hacks to harness your natural learning abilities
- Choose the best learning strategies whatever your situation
- Tap into how your memory really works
- Discover an effective learning process



Practical Application

- Getting started when you're not motivated
- Reduce distractions and boost your concentration
- Reduce information overload
- Practice and persist even when it gets tough
- Transform your learning into action



Improvement & Impact

- Acquire new knowledge and skills faster and more often
- Improve your memory
- Change habits more easily
- Learn to grow from both success and failure
- Reduce your stress and enjoy learning



Prerequisites.

- You need to learn new skills, procedures, knowledge or habits now.
- You have an open mind and are eager to build your skills now and for the future.

Programme Details.

MODULE 1

Motivation and Distraction

- What's in it for me?
- How to get your brain in peak learning mode
- Brain hacks to maintain your motivation and energy for learning
- How to persist even when you feel it's tough, technical or tortuous
- Techniques to reduce distractions and boost your concentration
- The why and how of learning from others

MODULE 2

Making sense of what you learn

- Practical, proven methods to handle information overload
- Cognitive overload and how to prevent it
- Tips and techniques to transform theory into action
- Multiply intelligent strategies to learn smarter

MODULE 3

Stickier memory

- How good is your memory?
- Why forgetting is vital and guessing is a winning strategy
- Brain fuelled memory tools to use every day – LEARNERS
- How stress affects your memory – and what to do about it
- Bust memory myths to build long term memories

MODULE 4

From learning to doing

- Practice makes permanent – so discover how to practice the right way
- Vital steps to learn from your mistakes and your successes
- Using data and harnessing feedback to drive your performance
- How to successfully change your habits, again and again

What's included.

- Small group sizes – 12 max
- Learning from world class Learning Scientists with proven science-based methodologies
- Access to Learning platform for 1 year
- Recordings of all Labs
- All resources including eBook, questionnaires, checklists etc
- Free Learning App
- Certification
- Deep Learning Time: 20 hours
- Informal learning – for your lifetime

ALL MODULES

Digital Preparation

Combination of inspiring introductory information and activities to prime you for the upcoming lab session.

Live Online Lab

Interactive workshop to explore, share and practice.

Work Based Actions

Relevant activities to put into practice and apply what you learn back in your workplace.

Spaced Learning

Regular nudges to move knowledge and skill from short term to long term memory and speed your time to performance.

Meet our knowledge partner...

Your expert mentor



Stella Collins (UK)

Stellar Labs

Co-founder &
Chief Learning Officer,
(+20yrs of L&D expertise)

Stella Collins is an acknowledged expert on brain-based learning, Chief Learning Officer at Stellar Labs, one of the Brain Ladies and author of sell-out book 'Neuroscience for Learning and Development'. She inspires audiences at international learning conferences and has trained 1,000s of people in brain based learning. She regularly consults, designs and delivers face to face, virtual and digital training and knows the methods deliver a genuine return on investment.

She has a BSc in Psychology, an MSc in Human Communication, is a Fellow of the Institute of Training and Occupational Learning and currently working on a research project with the University of Antwerp.

and advisory board.

International experts who validate our programme



Laura Overton (UK)

Tulser

International speaker, Author,
Facilitator, Analyst
(+25yrs of L&D expertise)



Donald Clark (UK)

WildFire Learning

Co-founder & Chief Learning Officer
(+20yrs of L&D expertise)

[Click to book your place.](#)



Methodology.

We've learned from brain science how to support technical learning in the most natural and effective way to guarantee you learn and utilise the knowledge, skills and aptitudes you need to become a successful cyber security professional. You'll be immersed in an engaging, high energy learning experience using the most effective techniques from the science of learning.

Motivation is key so, your learning will be both challenging and enjoyable. Focused practice, feedback and spaced repetition ensure you will transfer knowledge and skills from short to long term memory. Practical, work-based exercises, assignments and peer support will help you transfer your skills into the workplace.

Our digital platform builds your knowledge piece by piece and measures your progress to personalise your learning journey and ensure your success. You'll transfer this knowledge into applicable skills during interactive, practical Labs. Guidance from expert mentors ensures you get personalised support or stretching where you need it.

Realistic, work-based exercises, assignments and peer support help you speed up the transfer of your skills into the workplace.

Why Stellar Labs?

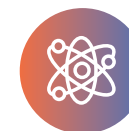
You want to upskill yourself or your employees? In a personalised and effective way? By real experts in the field? Our hybrid learning methodology is based on the latest neuroscientific insights and practical experience. We combine data science, computer science, neuroscience and social sciences to provide training that future proofs the skills of you and your workforce.



Future proof skills
& competences.



Backed & trained
by experts.



Scientifically proven
effectiveness.



Personalised &
certified programs.

Some of the companies that trust us.



What they say.

Manager, Internal Client Services, Deloitte, EMEA


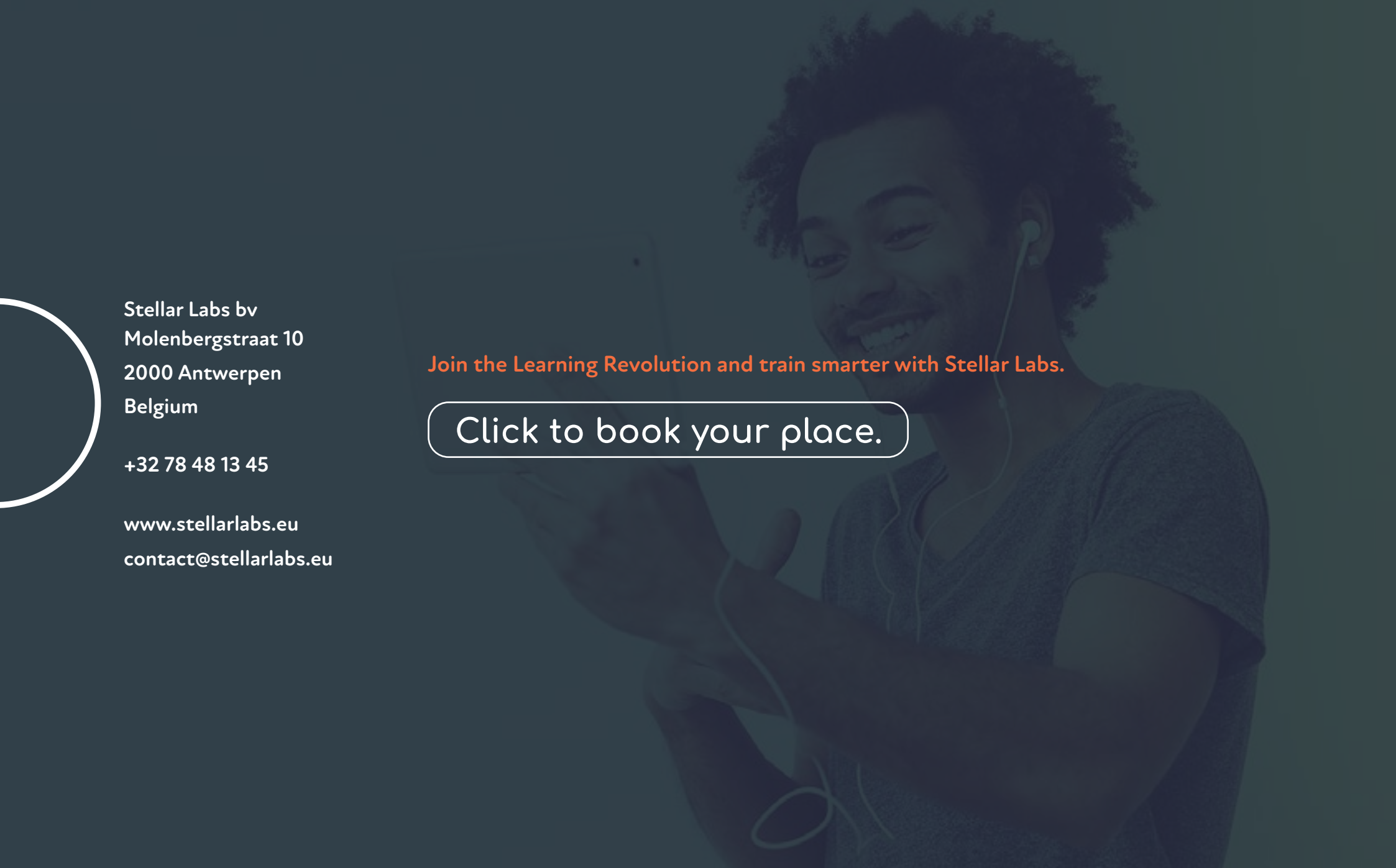
“Massive thank you for leading the brain-friendly workshop for the design community at Deloitte University. We loved the way you facilitated and shared tips and design ideas. Your objective was to challenge our thinking, tell us something new about neuroscience and learning and you certainly did that, leaving us wanting more!”

Beverley Aylott, Global Leadership Development Specialist, BP

“The people who completed the Science of Learning programme really loved it. We can be very proud of what we created together.”

Julie Delhem, Veterinary Science Student, University of Antwerp

“I’m now studying with my drawings and I already feel the connections forming. When I don’t understand something myself, I try to explain what I know to fellow students and the more I do that, the more I understand what I’m talking about. So the tips you gave me are working! I’m glad that I find learning a lot less stressfull and I sleep a lot better.”



Stellar Labs bv
Molenbergstraat 10
2000 Antwerpen
Belgium

+32 78 48 13 45

www.stellarlabs.eu
contact@stellarlabs.eu

Join the Learning Revolution and train smarter with Stellar Labs.

Click to book your place.



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