



Stellar Labs presents

TRAIN SMARTER

Give your training the neuroscience advantage



STELLAR LABS
FUTURE LEARNING TODAY



Is this programme for you?

Training is high on your agenda and you want to develop your knowledge and skills further to ensure a high quality learning culture.

This programme will help you if:

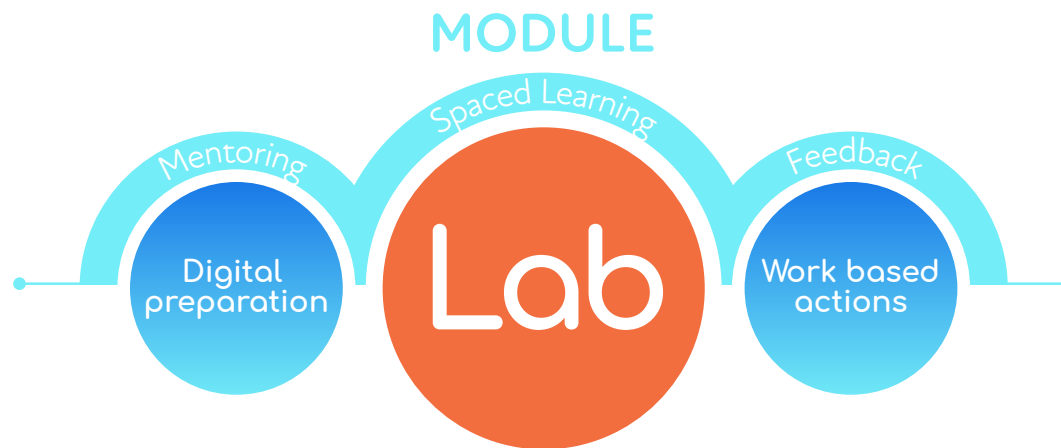
- you design different types of training; online, virtual, face to face, digital or fully blended. You don't get to meet the end user and want to be sure what you do has impact.
- developing other people is your daily bread and butter. e.g. you're a trainer, coach, compliance trainer, health & safety trainer, instructor, IT trainer, lecturer or teacher. You want to ensure people use their new knowledge and skills in the workplace.
- you're a technical expert and asked to share your knowledge with others. You want to find the best way to avoid cognitive overload yet make complex learning stick for the long term.
- you are a performance engineer, learning architect, community manager, data analyst, digital content creator/ curator, technology specialist or in another role supporting the changing world of learning. You want to ensure you're embracing science based learning into your specialism to guarantee future proof learning.
- you are building a true learning organisation to align learning with the business, you need to create lasting change and cascade learning across the organisation.

Programme information.

This programme consists of 6 modules each of which includes:

- Self-paced digital preparation before each Lab (approx. 30 minutes)
- Live Online virtual Lab with our Learning Specialists and your fellow participants (2x 90-minute sessions with a 30 minute break in between)
- 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 Specialists
- 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 30 hours that lasts your lifetime



Plus you will.

- Receive an illustrated workbook packed with even more tips than you'll learn in the Labs
- Complete online assessments relating to your personal learning strategies and progress through the programme
- Create a toolbox of tips and an action plan to apply immediately
- Work on designing and delivering your own session throughout the programme
- Have access to the recordings of all the Labs for review later
- Receive access to our digital platform for a year so you can continue to learn with your peers and mentor

Goal of the programme.

At the end of this six-module programme you will gain:

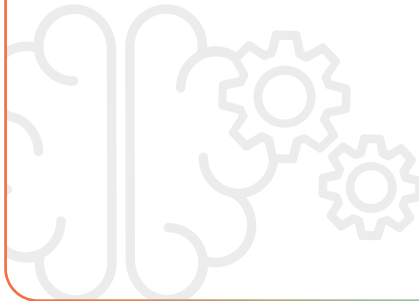
Knowledge & Insight

- The neuroscience evidence behind effective learning
- The secret to engaging virtual sessions
- Robust models to help you succeed



Practical Application

- Align your training to business outcomes
- Increase retention levels
- Tips and tools to apply immediately



Improvement & Impact

- Drive performance by enhancing skills and behaviours
- Boost confidence and competence
- Achieve measurable results



Prerequisites.

- You have an open mind and are eager to build your learning design and/ or delivery skills for the future.
- You are prepared to shift your mindset and work with an evidence based approach.

Programme Details.

MODULE 1 - Lay firm foundations

- What makes an impactful introduction?
- How to make learning more effective
- Experience what is happening in a learner's brain
- 6 steps to designing and delivering effective learning
- Get people to maximum receptivity and keep them there

MODULE 2 - Build the structure

- How to focus on the learner not the content
- Experience and immerse yourself in the process
- The best way to transfer information
- How to make the learning stick
- How to design and deliver creatively
- Create a solid structure to support improvement

MODULE 3 - Joinery

- How to plan and structure learning to ensure results
- Use blended media more effectively
- The neuroscience of digital learning
- Experience & explore the benefits of live on-line learning
- Takeaway top tips for going live on-line

MODULE 4 - Raise the roof

- Introduce intelligent tools
- Evaluate and measure success
- Improve your confidence both offline and online
- Engage and interact with your virtual audience
- Tips to encourage continuous improvement

MODULE 5 - Finishing touches

- Buddy with fellow participants
- Finish designing your virtual session
- Individual mentor coaching & support
- Prepare to go live
- How to give and receive feedback

MODULE 6 - Your grand design

- Deliver part of your session
- Give and receive valuable feedback
- Share and steal more creative ideas
- Identify and overcome barriers to success
- Close with impact

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



Tina Harris
Stellar Labs

Learning Specialist

Tina is an ITOL certified trainer and has many years' experience in designing and delivering the highest quality learning. She has trained trainers, leaders, managers and subject matter experts to develop others and improve performance.

Tina understands the science behind effective learning and is the ideal mentor for your Train Smarter journey.

But don't just take our word for it. Here's what her clients say:

- 'Her enthusiasm for what she does and her ability to craft a compelling story lifts you and carries you along with her.'
- 'Tina is a true professional, fantastic coach and a charismatic facilitator.'
- 'She genuinely cares about her clients and is always focused on the outcome.'

and advisory board.

International experts who validate our programme



Laura Overton
Tulser

International speaker,
Author, Facilitator,
Analyst



Stella Collins
Stellar Labs

Co-Founder & Chief
Learning Officer



Will Thalheimer
Work-Learning
Research

President



Methodology.

We've learned from brain science how to support learning in the most natural and effective way to ensure results. 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?

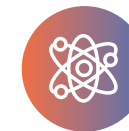
You want to upskill yourself or your employees? In a personalised and effective way? By real experts in the field? Our hybrid learning methodology is based on the latest neuroscientific insights and practical experience. We combine data science, computer science, neuroscience and social sciences to provide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



Future proof skills & competencies.



Backed & trained by experts.



Scientifically proven effectiveness.



Personalised & certificated programmes.

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!”

James Hampton, Head of Development and Engagement, Seasalt Cornwall

“I’m absolutely certain we will be able to deliver learning to our stores quicker and easier now that we have begun to choose this style of learning facilitation and believe this will positively impact on our team’s ability to continue to provide exceptional customer service and drives sales.”

Multiple Learners at Swedbank

“This was my best ever training for trainers. My mind has been opened like a parachute about how my participants will get more from their training.”

“It really works and brings value.”

“Like a scientist continues to discover new things about how our brains work, for me it was the same – to discover how we can use it for improving our training.”

“Brain Friendly training is a truly impressive expedition through your own perception of the surrounding world with deep impact on our future training programs.”



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Investment.

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 logbook, toolboxes, checklists etc
- Free Learning App
- Certification
- Deep Learning Time: 30 hours
- Informal learning – for your lifetime

Join the Learning Revolution and train smarter with Stellar Labs.



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