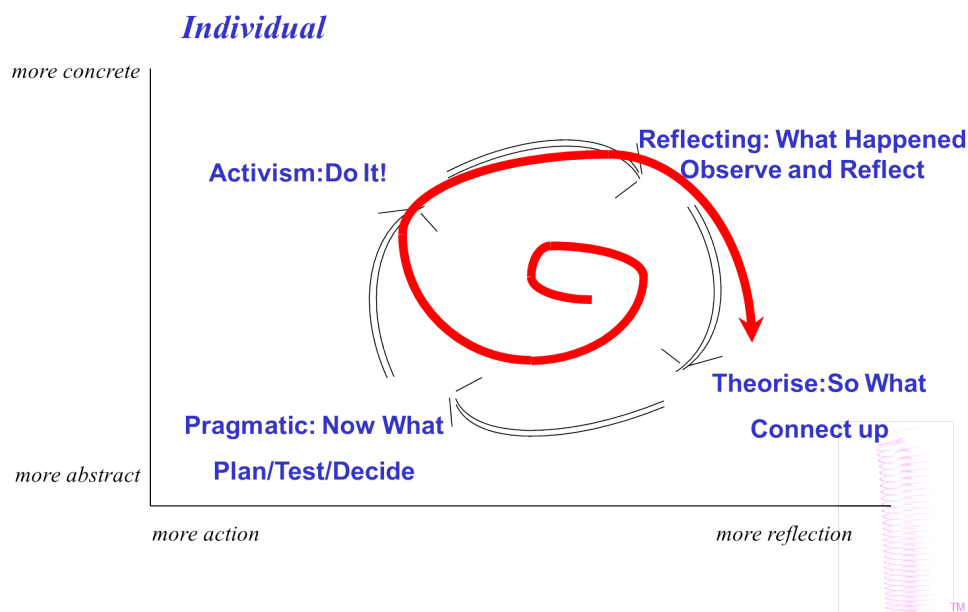


KOLB model

Theory of Learning

All of our learning can be understood in David Kolb's model of learning. We basically DO something, notice WHAT HAPPENED, conclude and consider SO WHAT, then adapt and change in our new PLAN to DO it all again, but only better this time. So it goes in a spiral and our Learning leads to better and better results.

Personal Resilience Kolb Model of Learning



We will be picking up on this tool and how you might use it in more detail in Workshop 2. So here's what to start thinking about.

(1) You are standing in a room in which each of the 4 corners have a learning preference marked. You are asked to choose where you would go in the room. You might be between two or more of the quadrants. Where do you go?

**Personal Resilience
Kolb Model of Learning
Where do you stand?**

