

# The Underlying Principles of Accelerated Learning

The key to Accelerated Learning is resourceful participants. As facilitators we need to evoke the following emotional states to support brain-friendly learning:

- feeling creative and playful
- intellectually challenged
- a sense of safety
- positive and optimistic
- reflective
- an open exploring mind set
- being fully present

**The following strategies generate resourceful states for engagement and learning:**

- preparation before the event to help people see the relevance and personal benefits to them
- observe, listen and respond to the groups physical, emotional, social and intellectual needs.
- value participants experience and encourage collaboration and sharing throughout
- create a positive stimulating environment (multi sensory)
- honour uniqueness and difference
- keep learners actively involved through whole brain/body learning , creation not consumption, meaningful dialogue and peer training
- vary the pace and learning methods throughout the event (change something every 10 – 20 minutes)
- regularly review and make links to application back at work

**As a facilitator, be a role model:**

- be open and honest
- be in a resourceful state yourself
- be fully present
- encourage useful beliefs and challenge unhelpful ones
- balance authority with a facilitating style (balance structure and clarity with learner autonomy)