Knowing how to learn?

Mechanisms that promote autonomous learning

Pitch

In a world where information is instantly available, the challenge is no longer access to knowledge, but the ability to learn with rigor, discernment, and continuity. This conference offers a concrete methodology for developing independent learning skills: planning, choosing the right strategies, self-assessment, and effective adjustment.

Target audience

HR/L&D, managers, project teams, teachers, trainers, students, adults in continuing education.

Objectives

- Define what learning autonomy is and how to build it.
- Develop metacognitive routines: planning, monitoring, adjusting.
- Learn to self-assess without crippling biases (perfectionism, discouragement, overconfidence).
- Strengthen perseverance and quality of effort, without unproductive overinvestment.

Procedure

- Autonomy: clarification of mechanisms and conditions for success.
- The pillars: objectives, strategy, monitoring, feedback, adjustment.
- Managing mistakes as a source of progress rather than a verdict.
- Field tools: short routines and decision grids according to task type.

Method and style

Highly practical conference, structured like a toolbox. Participants test micro-techniques and leave with a reusable approach.

Expected results

A simple method for managing your learning, improving the quality of your progress, and reducing your dependence on supervision or "ready-made" solutions.

Options

- Manager options: develop ownership and continuous learning within teams.
- Options for parents/education: provide support without over-controlling.
- Related workshop: learning coaching and personalized progress plan.

The Learning Revolution by Dr. Sarah Chardonnens