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discover how to learn more effectively with research backed tips and learning techniques become an efficient learner in order to master new ideas and skills faster to learn and grow it matters what you do with what happens to you that means approaching your most important experiences with a learning mindset bringing a specific focus on your personal growth in that experience trying experiments and seeking feedback the instructor of the world s most popular mooc explores how to change your life through the power of learning and why you have more potential than you think do you prioritise your own learning here s the run down on why the learning never stops both personally and professionally embracing lifelong learning or the concept of ongoing learning can help you grab the attention of employers get hired and succeed in your entire career so what exactly is lifelong learning and why do employers care so much about it it can be incredibly gratifying to harness mastery of a skill but why is learning new things so hard here are three steps to get you started all that s left is to pick what you want to learn a world wherein our daily routines are inundated with distractions and responsibilities this practice called the sphere of silence is a 60 minute routine that can help you stay grounded in a rapidly changing workplace employees need to keep learning to remain relevant and in demand seven practices can help them be mindful in their career path and achieve success how to keep learning and still have a life a colleague of mine recently made this prediction people who work together will soon start asking one another what courses are you taking it continuous learning also referred to as lifelong learning is the practice of expanding your skills and knowledge as part of an ongoing process of self improvement or professional development technological change is making it easier than ever and more necessary to create your own lifelong learning experience here are the methods i use myself and recommend to colleagues to train your brain practicing a new and challenging activity is a good bet for building and maintaining cognitive skills your brain has the ability to learn and grow as you age a process called brain plasticity but for it to do so you have to train it on a regular basis 1 record your questions take note of the questions that pop into your mind that cannot be answered immediately then make a commitment to answer at least one or two of the most compelling questions each week 2 record experiences doing certain brain exercises to help boost your memory concentration and focus can make daily tasks quicker and easier to do and keep your brain sharp as you get older while some people appear to have a natural aptitude for learning everyone may form positive habits that encourage lifelong learning in this article we ll look at ten habits of successful lifelong learners and how you can use them to keep growing and learning 1 read get in the habit of always reading something there s no possible way to read everything available so start your to be read list now 3 000 books are published per day in the united states alone and you can find one on about any topic imaginable learn more about the techniques skills activities that can help you build better self discipline and take more control of your daily life memory and other cognitive changes can be frustrating but the good news is that thanks to decades of

research you can learn how to get your mind active there are various strategies we can use to help maintain cognitive fitness the best way to cope and to be effective as a leader is to keep learning let s look at a few key ways that leaders can make learning a part of their daily routine how can you keep learning this technique allows you to pair a place you know well like your childhood home with new information picture yourself placing the items of your grocery list around the house place a carton of

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