

Learning About Learning

Learning is integral to every job - but have you explored how you and others learn most effectively?

Given every job role involves either learning or teaching others, have you invested in learning about the learning process?



Have you ever invested time in learning how to learn? If you are responsible for designing, teaching, coaching, leading or supporting learning in your organisation, or if you struggled with traditional learning methods, or felt like learning 'just wasn't for you', this workshop is designed with you in mind.



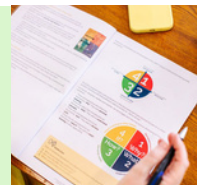
In this practical one-day workshop, we explore how learning really happens - beyond traditional methods and what this means for your workplace learning and development, leadership and safety areas. This workshop isn't about lectures or textbooks. It's about understanding your own unique way of learning and using this knowledge to help yourself in your career, plus others around you, your organisation, team, and even the kids at home.



Engaging, enjoyable and insightful, you will learn about the natural cycle of learning we all go through and strengthen your own ability to learn. You will also discover how to design, deliver and support learning in ways that cater for different learning preferences - whether you are creating training, running inductions, verifying competency, coaching team members, leading meetings or helping people apply new skills at work.



Academic research undertaken in 2018 found 94.5% of students taught using the 4MAT® Model tested better in terms of recall, application and results than those taught with traditional instruction.



How does the 1-day Learning About Learning workshop work?

Before the workshop, you'll complete two short online diagnostic tools used by more than half a million people worldwide. These give you a personalised snapshot of how you prefer to learn, process information and make sense of new ideas. You'll then use these insights throughout the workshop.



You'll then learn:

- How to make learning easier for yourself and those in your team, and achieve knowledge and skill transfer.
- Why emotions and past experiences shape how you learn, and are key in creating relevance.
- Simple ways to break down information so it is easy to understand and apply.
- How to structure training sessions for maximum impact.
- Practical ways to train, coach and verify competency while accommodating different learning preferences and confirming genuine understanding.
- How to apply the 4MAT® system to instructional design, teamwork, coaching and leadership.

Who is Learning About Learning for?

This workshop is for anyone who wants to better understand how they learn, or who supports learning, communication or capability at work including:

- Leaders and emerging leaders
- HR, L&D and instructional designers
- Trainers, facilitators, coaches and mentors
- WHS, safety and compliance professionals
- People who verify competency or deliver inductions
- Anyone who runs meetings, briefings, toolbox talks or helps others apply new skills.

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What makes the Learning About Learning workshop different?

We know that not everyone loved school - but learning doesn't have to be like school. This workshop is built for people who prefer real-world example, group discussions and activities that show how learning works in action.

When you understand how learning works, you can build confidence in yourself, explain ideas more clearly and help others apply new skills in real workplace situations.



What participants say about the Learning About Learning Workshop

I discovered not only things about learning but also a lot about myself. Loved it! ★★★★★

I now see and understand learning not only from my own preferences, but through the preferences of others. This will shift my management approach, and the ongoing design of our programs. ★★★★★

The way I will look at learning will change. The way I apply learning in both my professional and personal life will change. ★★★★★

"4MAT® is far superior to any other framework I've used before. I now feel empowered to effectively actually design learning programs and experiences, rather than relying on bits and pieces of theory/information I had scavenged over time." ★★★★★

The workshop actually exceeded my expectations. I truly had never thought about the diversity in learning styles to such a deep level and the importance of designing for inclusion of these. ★★★★★



Who is your facilitator?

Melissa Williams is the CEO of LDN and a recognised global authority on how people learn, and how to turn that insight into practical, effective training solutions.

Melissa has worked directly with Dr Bernice McCarthy, the creator of 4MAT®, and is one of only four globally accredited Master Trainers in the 4MAT® learning design methodology.



MELISSA WILLIAMS
WOMAN OF THE YEAR
EDUCATION

Melissa is also a multiple international award winner, including Gold for Woman of the Year: Adult Education and Silver for Female Thought Leader at the 2025 International Women's Stevie Business Awards® in New York.



INSTRUCTIONAL DESIGN SPECIALISTS

Workplace Dimensions provides leaders, trainers, presenters and facilitators with the skills to design and deliver effective learning solutions.



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