How can we help our students learn?

This interactive half-day workshop will explore: various models for teaching; ways to create conducive learning environments and approaches to different learning styles. Participants will also be introduced to mindful teaching methods designed to cultivate deepened awareness, concentration and insight.

The experiential format will demonstrate the basic principles of adult learning and mindful teaching, and explore the applicability of these to your own setting.

Learning Objectives:

Participants will have a basic knowledge of:

- the specific learning requirements of adults
- the factors that maximize the receptivity of the learner
- the uses of transmissional, transactional and transformational learning models
- the four basic learning styles and how to accommodate each type of learner
- ways to cultivate mindful awareness to deepen knowledge

Facilitator: Anna Taneburgo has a Master Degree in Adult Education from OISE (Ontario Institute for Studies in Education), University of Toronto. She is a Mindfulness Educator and has taught at Mohawk and Sheridan Colleges, Hamilton Health Sciences, and McMaster University.

PFD Pathways: BEST 3 hrs.