

# **SELF-LEADERSHIP-DAYS**

## **HOW DO WE LEARN DURING COVID TIMES?**

This pandemic has changed the way we travel, meet, interact, socially connect with each other, and essentially the way we learn. Though remote learning has increased multifold in the past years, there is a sudden surge necessitated by the present crisis. What were simple group activities have become complex ones with cautiousness and social distancing, while WFH and online interactions have become the preferred way of working and learning together. Is this the new normal or just an interregnum?

### Aspects of learning

Learning is a shift in our perception, our state of being and our interaction with the world. It depends on the input of information through our senses, analysis of the information to arrive at a judgment, and shift the way we perceive or act in a given situation.

### **Information transfer**

This is the learning where we collect data and information, understand the dynamics of the system that we are interacting with in a logical framework, and application of tools to change the outcomes. This type of learning primarily uses visual and aural inputs along with logical and data driven models.

### **Immersive contemplative learning**

The other kind of learning is an internal one which requires an atmosphere that facilitates deeper introspection and contemplation, along with a freedom to reach into one's emotional realms. This learning can also be accentuated by creating a space for sharing insights and realizations in groups. This is focused on shifting the way of your being.

**We need to focus on both aspects for an integrated transforming learning to happen.**

### Creating a dedicated space for learning

Be it online learning or on-site learning, it is essential that we create a space for learning to happen. As we said earlier, it is not just accumulation of information, but a dedicated attempt to integrate our environment, our

mind and our emotions to widen our perception, understanding and interaction with our world and ourselves.

These are some of the ways we can create a space for learning to happen:

- The time and effort to immerse and engage in the process of learning
- An open mind to process information
- The right attitude and energy towards the process.
- Concentration and undivided attention during the period.
- An awareness of one's attachment or resistance to situations and outcomes
- The ability to integrate the new concepts to the information that we already possess.
- Right application of the principles and tools that we learn.
- Receive and integrate feedback

### Online and Onsite learning

Though there is a big proliferation of online learning, the importance of onsite learning should not be dismissed. We do not know yet as to how covid will reorganize the way we continue to learn, but the physical touch and connection should not be lost. It has quite a profound effect on the way our brains process information and helps holistic understanding.

At Self-Leadership-Days, we focus on both forms of learning and, hence, offer both online courses and onsite conferences. We have out virtual live seminars and workshops, along with the on-site experiential immersive conferences.

[www.selfleadershipdays.com](http://www.selfleadershipdays.com)