An annual celebration recognizing the importance of workplace learning in Canada

As a national sponsor of the *Canadian Society for Training and Development’s Learn@Work Week September 21st - 25th*, Insights supports their purpose statement that “workplace learning has a positive impact on employee performance and productivity and is crucial to a healthy economy.”

Celebrating L@WW raises awareness of the impact and importance of workplace learning.

Join Canada’s workforce as it celebrates learning activities and professional development events this September and **power up your workplace!**

**Learn@Work Week sessions are designed to inspire, re-energize, and motivate. They’re timely, cost-effective, and employees love them.**

Special one-hour sessions are available for delivery by Insights Vancouver Senior consultants September 21-25, 2015. The cost is $599.00 per session in the Greater Vancouver and Victoria areas, regardless whether you have five or five hundred participants. If you’re outside these areas, please contact us for pricing information and scheduling options.
Learn at Work Week is September 21-25, 2015. It's your opportunity to turn one hour into something special. We offer four one-hour sessions to support your people development plans. Schedule one or more – any time – any day during Learn@Work week. Plan a Breakfast Kickstarter or a Lunch & Learn session or a Four-o’clock Refresh to help celebrate workplace learning in your organization.

**Topic #1: Learning Styles**
Ongoing learning is the oxygen that breathes life into being the best we can be – whether at home, at work, or in our communities. How do you learn best – participating in an experiential workshop, connecting with a mentor, reviewing research or a technical manual, watching how a process is broken down on a video, or some other way? Knowing our preferred learning style allows us to kick-start learning and experience some quick wins. Acknowledging other learning styles, gives us the flexibility to consider the most appropriate type of learning for different situations; for example, one might prefer ‘detached analysis’, but learning to swim requires getting into the water to try it.

In this session, consider how your learning style serves you, and what other approaches you might be able to apply.

**Objectives**
- To identify your preferred learning style.
- To explore how other learning styles can positively extend your learning experience.
- To consider how an awareness of learning styles can positively influence personal development plans, organizational learning solutions and succession strategies.

**Topic #2: Think This Through**
How do you make decisions – individually or as a member of a team? Effective problem solving and decision making are at the center of our daily lives, and yet we often allow our minds to run on auto-pilot. In order to solve complex problems and implement creative solutions, it is important to develop our capacity for using different thinking and processing styles.

In this session, consider how you prefer to make decisions, and how a bank of questions can expand your perspective.

**Objectives**
- To identify your natural approach to decision making.
- To explore the power of drawing on different perspectives in solving a problem.
- To consider how key questions might ‘raise the bar’ on solving your next challenge.

**Topic #3: Talking through Change**
Are we masters or victims of change. Change is a reality of life in today’s organizations. How we think about change will influence our capacity to come through each change stronger. Each of us has natural preferences for how we approach change, and yet paying attention to our self-talk, and when necessary, reframing our thoughts, can make all the difference to our level of resilience.

In this session, consider how you juggle changes that are happening to you, or around you. What are you thinking and saying? How would reframing your self talk make a difference for you, or your team?

**Objectives**
- To deepen your awareness of how your preferences show up in changing times.
- To explore the internal dialogue that is impacting us.
- To practice reframing our inner dialogue for optimum positive impact on ourselves and on the situation.

**Topic #4: The secrets to powerful emails**
What are the “Do’s” and “Don'ts” around communicating via email? Communication is much more than just the words we choose. Written communication involves the words selected as well as the medium used, style and format chosen, and many other factors. We know that the actual words account for only a portion of any communication.

The essence of every communication is to impart a message in a way that the perception of the receiver matches that of the transmitter.

**Objectives**
- Understand how your preferences (style) can influence your emails and responses.
- Recognize the preferences within someone else’s email.
- Review (and apply) best practices in crafting email responses.

Learn@Work Week sessions are available for delivery Sept. 21-25, 2015 and booked on a first-come first-served basis. Contact our office to schedule any of the above sessions. Phone 604-522-4229 or email info@insightsvancouver.com