

Adult Learning – why care?

Engage people so they learn better - *and take action!*

Indications of success

What are some actions from your learners, which might show they are “getting it” (or “got it”)?

- Smiling and nodding’
- Asking questions
- Teaching and talking to others – extending the information out
- Using the information to do what they learned



Have a lesson plan.

A lesson plan is like a road map.

Things you can do

1. The Beginning: Your introduction.

Make it “Intriguing!”

“Get their eyebrows up in 60 seconds” [Sam Horn.](#)

Start with the bottom line - Give them a reason why they should care about the topic.

1. Tell them what will be the impact.
2. Tell stories to connect to their emotions to the lesson theme and impact in someone’s life.
3. Give compelling statistics on the topic and how it affects people. e.g., Ask “Did you know?”

2. The Middle: The main elements of the lesson.

Make it “Interactive!”

Consider just 3 main points: e.g., the problem, the solution, the action

Make it memorable:

- Help learners connect to a prior experience. Pose an open ended question and ask people to share their experiences around the question (e.g., in small groups or pairs – turn and talk)
- Remember: people remember much more what they experience versus what they hear. So let people experience things and talk about them.
- Use stunning visuals
- Use word plays – try alliteration, Use triplets (e.g., Intriguing, Interactive, Inspiring)
- Analogies – Use word pictures e.g., a drop in the ocean, etc..

“Talk to a man about himself and he will listen to you for hours” Benjamin Disraeli

3. The End: Call to Action.

Make it “Inspiring!”

- Have strong conclusion – “In conclusion” (People pay attention when they hear those words!)
- Consider a call to action (could be immediate – e.g., sign up - or set a goal)
- Invite learners to “try on” a new practice – less daunting.