Course : Learning More Effectively and Sustainably

Develop Your Skills Using Neuroscience and AI

Practical course - 2d - 14h00 - Ref. MPK

Price : 1370 € E.T.

NEW

In a professional environment marked by accelerating change, the ability to stay motivated to learn, adapt, and develop your skills has become a key driver of performance, employability, and well-being at work. This training will help you strengthen your motivation to learn and develop practical methods for learning better, faster, and independently.

Teaching objectives

At the end of the training, the participant will be able to:

- Fostering Motivation to Learn in the Workplace
- Harnessing Practical Strategies to Learn More Effectively on the Job
- Overcoming psychological and organizational barriers that limit one's ability to learn and grow
- Use practical tools and methods to learn independently and in a focused manner
- Develop a motivating, realistic, and sustainable learning plan that aligns with one's professional goals

Intended audience

Anyone who wants to develop their learning potential here

Prerequisites

None

Practical details

Teaching methods

Active and participatory teaching methods, combining targeted instruction, the sharing of best practices, and real-world scenarios. Participants alternate between individual reflection, pair work, and group workshops to foster engagement, motivation, and mastery of the methods. The exercises are directly linked to real-world professional situations and culminate in the development of a personalized and actionable learning plan.

PARTICIPANTS

Anyone who wants to develop their learning potential here

PREREQUISITES

None

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.
Participants also complete a placement test before and after the course to measure the skills they've developed.

TEACHING AIDS AND TECHNICAL RESOURCES

• The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
• At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
• A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

TERMS AND DEADLINES

Course schedule

1 Giving meaning to learning and strengthening motivation to learn

- Identify work situations that require ongoing learning
- Connecting learning to personal goals: performance, workplace comfort, career growth, and job security
- Understanding the Concept of Learning Agility
- Assess your current motivation to learn and your drivers of progress
- Identify the key skills you need to develop to remain effective in your role

Hands-on work

Self-assessment: motivation and attitude toward learning. Group debriefing using a mind map. Small-group discussions: sharing thoughts on motivations for learning at work.

2 Effective Learning Through Neuroscience

- Identify the conditions that promote adult learning
- Managing Your Attention to Learn More Effectively Despite Distractions
- Using Emotion and Interest as Drivers of Motivation and Memory Retention
- Turning Knowledge into Skills You Can Use on the Job

Hands-on work

Analysis of real-life workplace learning situations. Individual exercise: identifying your dominant learning styles. Partner exercise: applying theoretical knowledge to practical situations.

3 Removing Barriers to Learning

- Identify your limiting beliefs about learning: age, legitimacy, skill level, status
- Reducing the Impact of Stress and Mental Load on Motivation to Learn
- Developing a More Relaxed Attitude Toward Mistakes and Effort
- Build confidence in one's ability to learn throughout one's career
- Develop a mindset of a responsible and committed learner

Hands-on work

Individual exercise: Identify your personal barriers. Group debriefing to identify your drivers for action. Role-playing exercise: Dare to learn in an uncomfortable situation.

4 Remembering and Combating Forgetfulness

- Understanding the Mechanisms of Memory and Forgetting
- Identifying Cognitive Biases That Hinder Learning
- Use simple techniques to memorize useful information
- Strengthen the integration of learning into everyday professional life
- Adapt memory techniques to your time constraints

Hands-on work

Hands-on exercises using various memorization techniques. Partner exercise: memorizing and recalling professional information. Group debrief: selecting the techniques best suited to one’s specific context.

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

5 Using Artificial Intelligence to Support Learning

- Understanding the Benefits and Limitations of AI in Learning
- Use AI to save time, organize your learning, and deepen your understanding
- Practice, get explanations, and receive feedback from AI
- Promoting the Critical and Responsible Use of AI
- Enhancing Independent Learning with Digital Tools

Hands-on work
Case Study: Using AI to Learn a Professional Skill. Guided Workshop: Formulating Effective Queries for Efficient Learning. Sharing Experiences and Best Practices.

6 Managing Your Time and Staying Motivated

- Identify high-impact learning opportunities for your role and career development
- Incorporating Learning into Your Daily Life Without Overwhelming Yourself
- Establish simple routines for regular learning
- Track progress and adjust actions
- Staying Motivated Over Time

Hands-on work
Analysis of the participant's actual schedule. Development of a personalized and motivating learning plan. Individual commitment: defining the first concrete actions to take after the training.

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Dates and locations

REMOTE CLASS
2026 : 17 Dec.

2027 : 18 Mar., 24 June, 13 Sep., 22 Nov.

PARIS LA DÉFENSE
2026 : 10 Dec.

2027 : 18 Mar., 24 June, 13 Sep., 22 Nov.