

Lead Yourself

Lesson 2-4: Learning

Discussion Guide – Confidentiality Reminder

One Word Check-in

Update – Personal, Business, Leadership

“The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.” Proverbs 1:7 (NIV)

If we are not learning, we are dying. If we are not staying sharp and our companies are not staying ahead, we will fall behind. Bill Gates, Warren Buffet and Oprah are highly successful CEOs that spend enormous amounts of time reading and consuming information. Try to spend at least five hours a week learning.

Pride gets in our way, and we may think we know it all. Scripture tells us that only a fool despises learning. Most people pursue some sort of formal education or training, but upon completion, the investment in learning slows if not all together stops. We need to make sure we are continually investing in our skills to stay relevant, gain an advantage and stay ahead of the competition.

The more skills you have, the bigger the opportunity you have to solve problems. Problems mean wasted time, energy, money and productivity. A business is simply an entity that has many problems to solve. The team members who provide the best solutions to those problems get noticed and most of the time rewarded.

Commit to continued learning. If you want to advance at a company or in your career, you must learn new skills. As people retire or leave, you must be prepared for the opportunity when it presents itself. There are many ways to keep your skills sharp and learn new ones; consider these suggestions:

- Join a professional development group or a peer group
- Read books on the subject
- Get a mentor
- Sign-up for continuing education classes
- Watch YouTube and free online leaning courses
- Offer paid training to your employees or team
- Go to traditional school to continue your degree

Shared Experiences:

- Has someone ever thought they “knew it all” in an area of life and eventually realized they were wrong? Please share with the group what happened to you and if your viewpoint changed after the experience.
- Can someone share a time when they stopped investing in their skills and the results of doing so?
- Has anyone gone to a seminar/class/course in their professional life and learned something they immediately brought back to the office? What were the results in terms of dollars, time saved, productivity, employee morale, etc.?
- Can someone share the best way you learn unique new skills, talents or information for work outside of a traditional classroom setting?
- Can someone share what distractions keep you from learning? What did you do to overcome them?
- Can someone share if they feel they are able to accept feedback or if they are like the fool in Proverbs 1?

Bottom line: Don’t be like the fool in Proverbs 1. We need to continually learn and apply new skills. Not only do we need to keep our current skills sharp, but we need to learn new ones for when the market changes.

One Word Check-out

Dig Deeper

Want to learn more?

- *Book:* [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#) by James Clear
 - Learn how to create good habits by creating a system that allows you to overcome a lack of motivation, get back on track when you fall off, design your environment to make success easier and much more.
- *Video:* [Jason Cummins video](#) on 210Leaders website Lesson 1-7
- *Article:* [You Learn in One of Five Ways](#) infographic will help you quickly see what type of learner you are using the VARK model.
 - People are visual, auditory, read/write, kinesthetic or multimodal learners.
- *Video:* [The First 20 Hours- How to Learn Anything](#) by Josh Kaufman, presented at a Ted Talk
 - Forget 10,000 hours to become an expert; according to Josh, it only takes 20 hours to learn a new skill
- *Video:* [Simon Sinek on learning as a child](#). This is a video podcast with host Carey Nieuwhof.
 - In this video, Simon starts by talking about his learning challenges as a kid and what he had to do to overcome them. He also talks about how to learn by asking questions and listening.
- *Article:* [Sharpen Your Professional Skills Outside Work with These 15 Tips](#), presented by Forbes Coaches Council. This will provide some ways to sharpen your professional skills.