

## FOUR TECHNIQUES TO INSPIRE LIFELONG LEARNING IN CLIENTS



Learning is an ability that we are all born with. When you were a baby, you learned to crawl, walk and speak. As a coach, you need to instill this ideology into your clients. They originally came to you for help making improvements in their lives, either personally or professionally. This is where you, as their coach, help them implement strategies to improve upon their own learning.

As a coach, your job is to inspire and bring about solid, lasting change in that individual.



Just like you pick and choose the best strategies to implement into each of your sessions, it's just as important to help your clients with this same kind of mentality.

Below are a few strategies to help your clients become better lifelong learners.

### MAKE TIME FOR LEARNING

We know that we live in a hectic world. We schedule our wake-up time in the form of an alarm clock. We schedule when we need to be at work. We schedule the important things in our lives. So why shouldn't we find ways to schedule time for learning to take place?

Help your clients brainstorm a time and day that would be beneficial to schedule out learning. It could be first thing in the morning or right after work. It's no different than scheduling your exercise or that crucial work presentation. Help your clients schedule learning so that it becomes part of their daily routine.



## DEFINE WHAT YOU WANT TO LEARN



Defining what we want can be tricky, but we do know that being specific is important. Designing and delivering a presentation is a waste of time unless we clearly define what it is that we hope to get out of that presentation. As this is something that people do throughout their professional lives, it's an easy transition to teach your clients how to engage with learning from a goal-oriented standpoint. To develop this same concept toward learning, encourage your clients to ask themselves what it is they want out of the learning process.

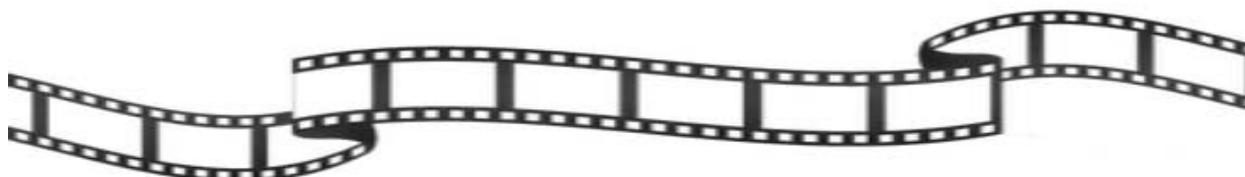
Maybe they want to be more assertive at work, or perhaps they want to hone their technical skills to make themselves more marketable to their company. What's important here is getting the client to define what they would like to learn. Once that is taken care of, it becomes much easier to act.

## READING AND WRITING



---

For clients who struggle with defining the direction that their learning should take, consider prepping a list of books and other research materials that the client can use to help aid this process. Reading is a great way to form new insights, get excited about something new, or learn about a topic you know little to nothing about. Writing is another fantastic way to get your mind engaged with ideas. Familiarize yourself with writing exercises, like priority lists and journaling, that can help your clients better enunciate their goals and obstacles.



EDUCATION

---

In addition to the coaching services you provide, you may suggest continuing education classes that are relevant to your client's issues. Local universities and colleges offer classes in a wide variety of subjects and the academic atmosphere tends to facilitate a growth mindset when approaching new skills. If the client doesn't want to attend school, propose other community programs that would offer a new approach to the client.

The point in education is to expand the horizons of your client and get them engaged in an environment that includes other peers, teachers and community members involved in lifelong learning.



These four strategies are fairly straightforward, but straightforward methods tend to yield the best results. Using the above four strategies will quickly give the client a clear road map, and together you can work on implementing that map into the client's life, helping them move toward becoming lifelong learners.