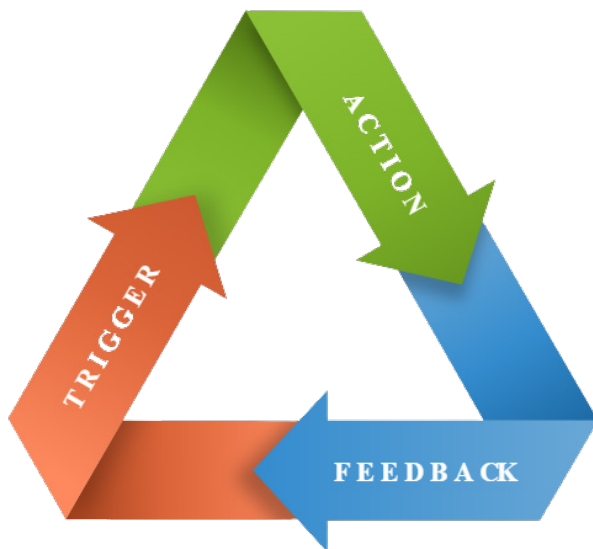


AN OVERVIEW OF YOUR QUESTS – LASTING BEHAVIOUR CHANGE

Throughout each Quest, learners actions are based on what they have learnt; Activity Based Learning ...

Interestingly happiness and learning are linked – to have happiness in learning there needs to be activities that give a sense of ‘flow’*. Within our Quests, flow arises from learning based on sequential activities.



According to the AFT (Action, Feedback, Trigger) learning model, around which each Quest is built, the first step of an effective learning experience is to ensure learners take action. The learning arising, through reflection and correction, leads into the next action, and so on. Each activity is a logical springboard to the next.

Activity based learning increases 24 hour knowledge retention to *75% as opposed to just 5% from a lecture. Interestingly this goes to 90% if we then teach others.

Hence our activities often require communication with others.

Every learner in every Quest has a designated coach (mentor), one of us. At specific points learners are required to send activity outputs to their coach. The coach provides feedback and may ask questions. Of course the coach answers any questions or concerns throughout.

Every activity has an estimated time associated with it. (Thus every level has a time estimate available to it, as does the whole Quest.) The time estimate permits daily priority planning by the learner.

To become a learner in one of our Quests:

1. Read the associated descriptive pdf and/ or watch the video clip.
2. Click on the ‘Click here ...’ button, fill in the fields, then click SUBMIT.
3. We will then respond.

Please email us (ben@vwaust.com or oscar@vwaust.com) if you have further questions.

** Reference: Andrew Fuller*