

A person in a field at night, carrying a large, flaming object on their head. The person is wearing a brown shirt, shorts, and boots, and is holding a lantern in their right hand and a wooden bucket in their left. In the background, there are several pack animals (donkeys or mules) carrying loads, and a full moon is visible in the dark sky. The scene is illuminated by the fire and the lantern, creating a dramatic and somewhat surreal atmosphere.

Sizzle & Substance

Sarah Michel, CSP



ROLE OF SPEAKER CHANGING

GUIDE, SENSE MAKER, FACILITATOR

24 Hours a Week Online

Drowning in Content



Sense-Maker

A woman with dark, curly hair is sitting at a desk, looking at a laptop with a frustrated expression. Her hand is on her head, and she has a frown. The background is a plain, light-colored wall. A semi-transparent grey banner is overlaid across the middle of the image, containing white text.

People are Problem-Centric
Not Content-Centric



20 years of
research in
neuroscience,
biology & cognitive
psychology on how
human brain learns.

A young girl with long brown hair and a rainbow headband is sitting at a desk, looking down at a tablet computer. She has her hands on her head, suggesting she is concentrating or feeling overwhelmed. The background is blurred, showing a classroom setting with a chair and some papers.

Evidence-Based Education

Science of Learning



If Learning is the Goal
One-Way Communication will Kill it

A photograph of a group of people in a conference room. In the foreground, five people are seated in a circle on chairs, engaged in a discussion. The room has a patterned carpet and wooden walls. In the background, other people are standing and talking near tables covered with yellow cloths. The text "Move from Expert-Centric to Learner-Centric" is overlaid in white on a dark horizontal band across the middle of the image.

Move from Expert-Centric to Learner-Centric

JULIANA COUTINHO

How do you know if you have
LEARNED SOMETHING?

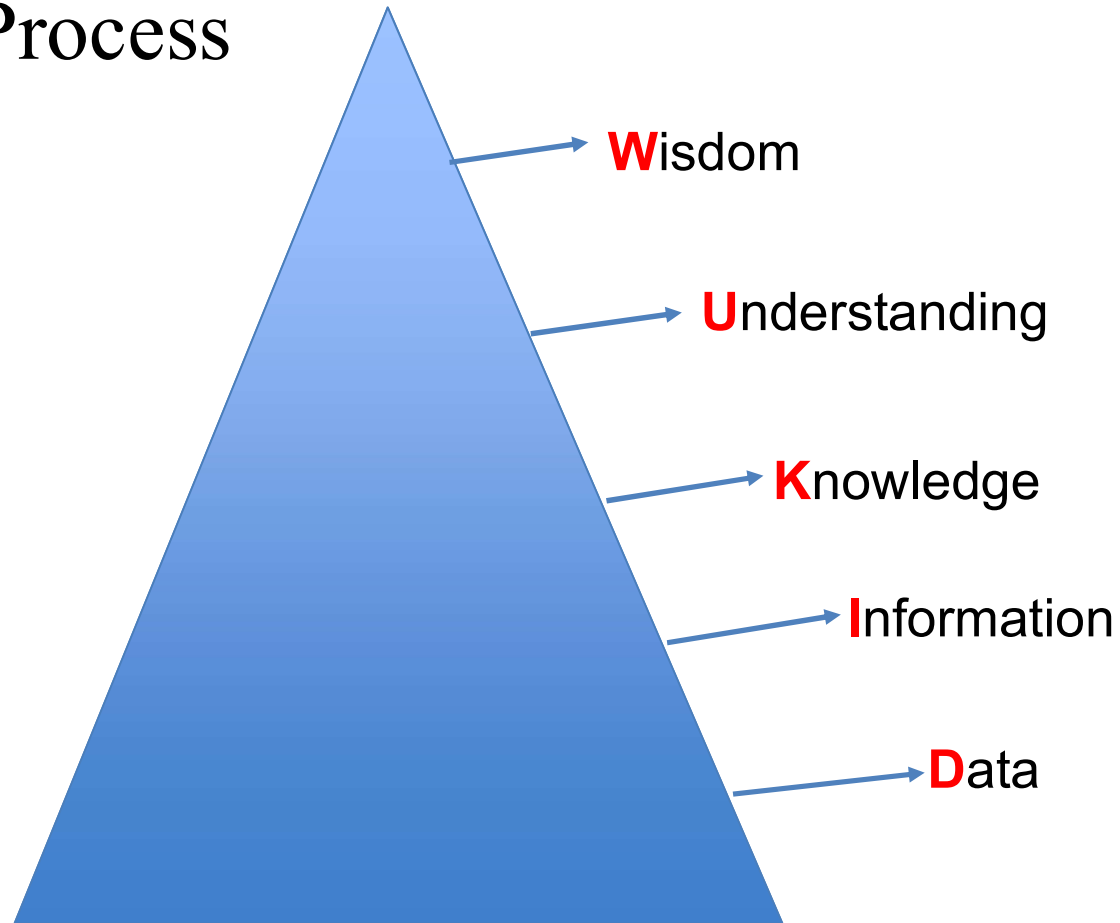




Learning is Transformational
Leads to attitude & skill change

DIKUW Model

Learning Process





dikuw

TAKEAWAYS, UNDERSTANDING & WISDOM

Your Brain has

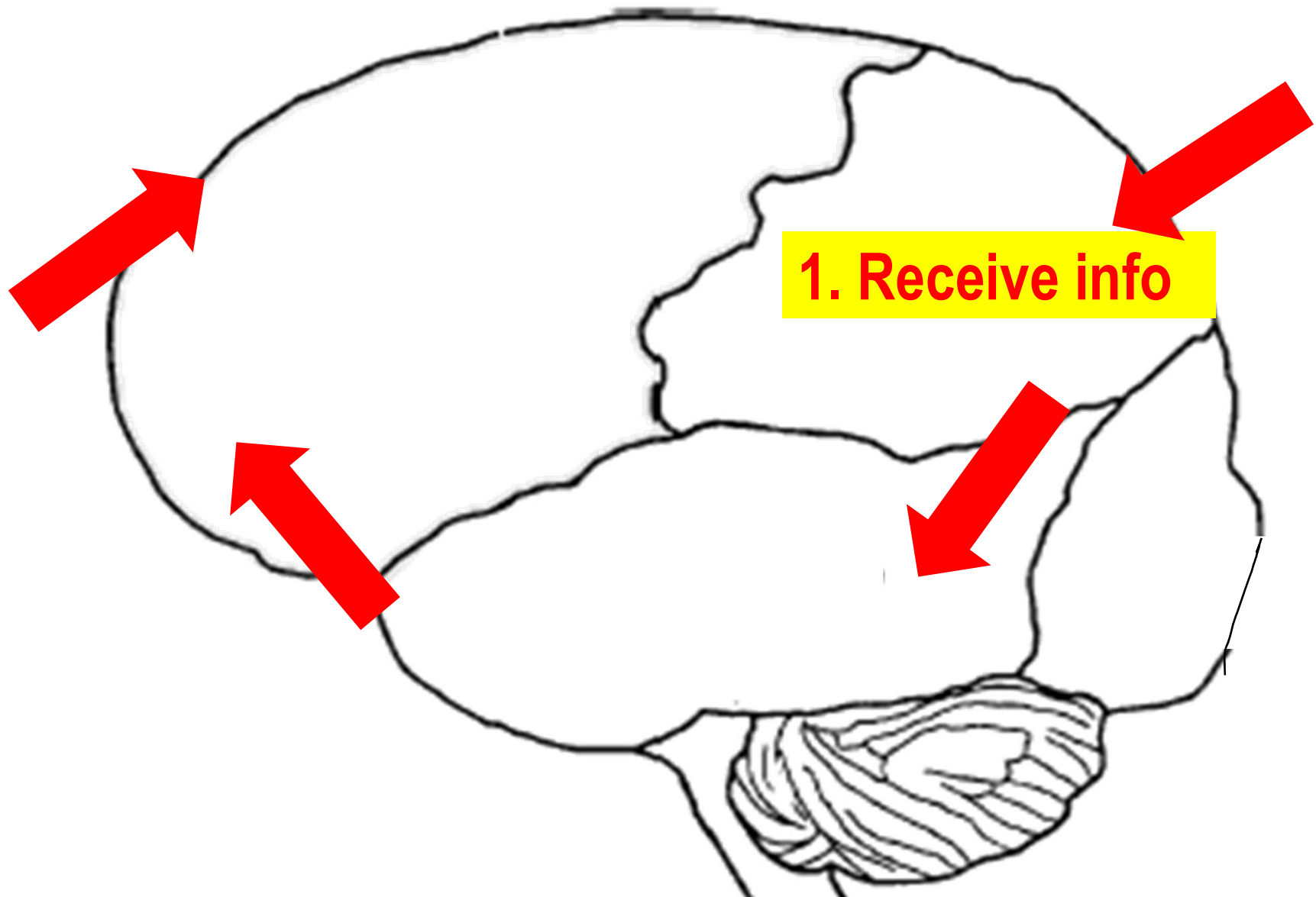
1. 100 Billion Neurons (11 Zeros)
2. 10K connections per Neuron
3. More than a thousand trillion connections (15 Zeros)



**If Their Brains Don't Fire and Wire
They Don't Learn**

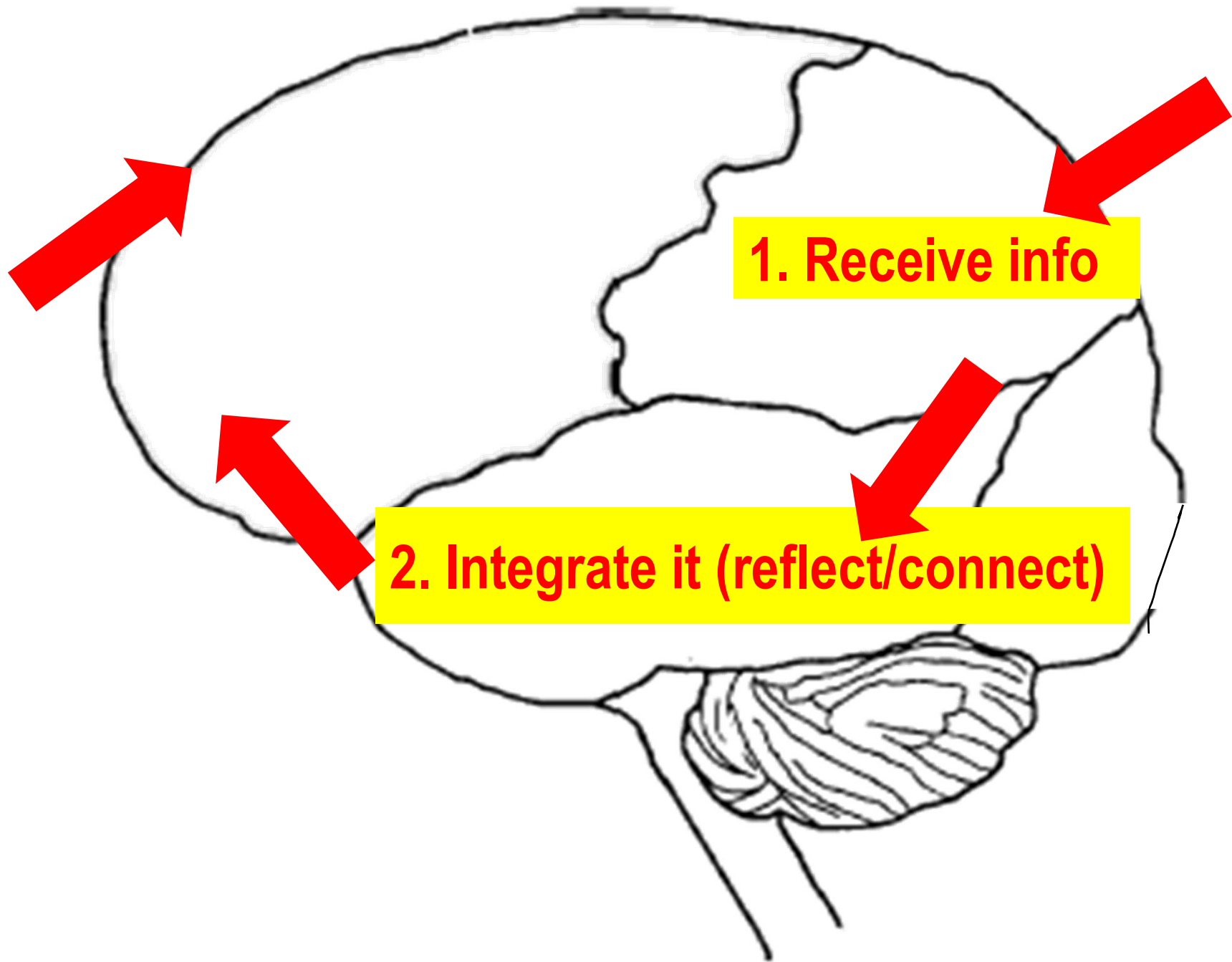
A photograph of three young women sitting at a table, looking at a laptop. The woman on the left is smiling. They are wearing red t-shirts with white text. A can of Diet Coke is on the table next to the laptop. The background is a solid blue color.

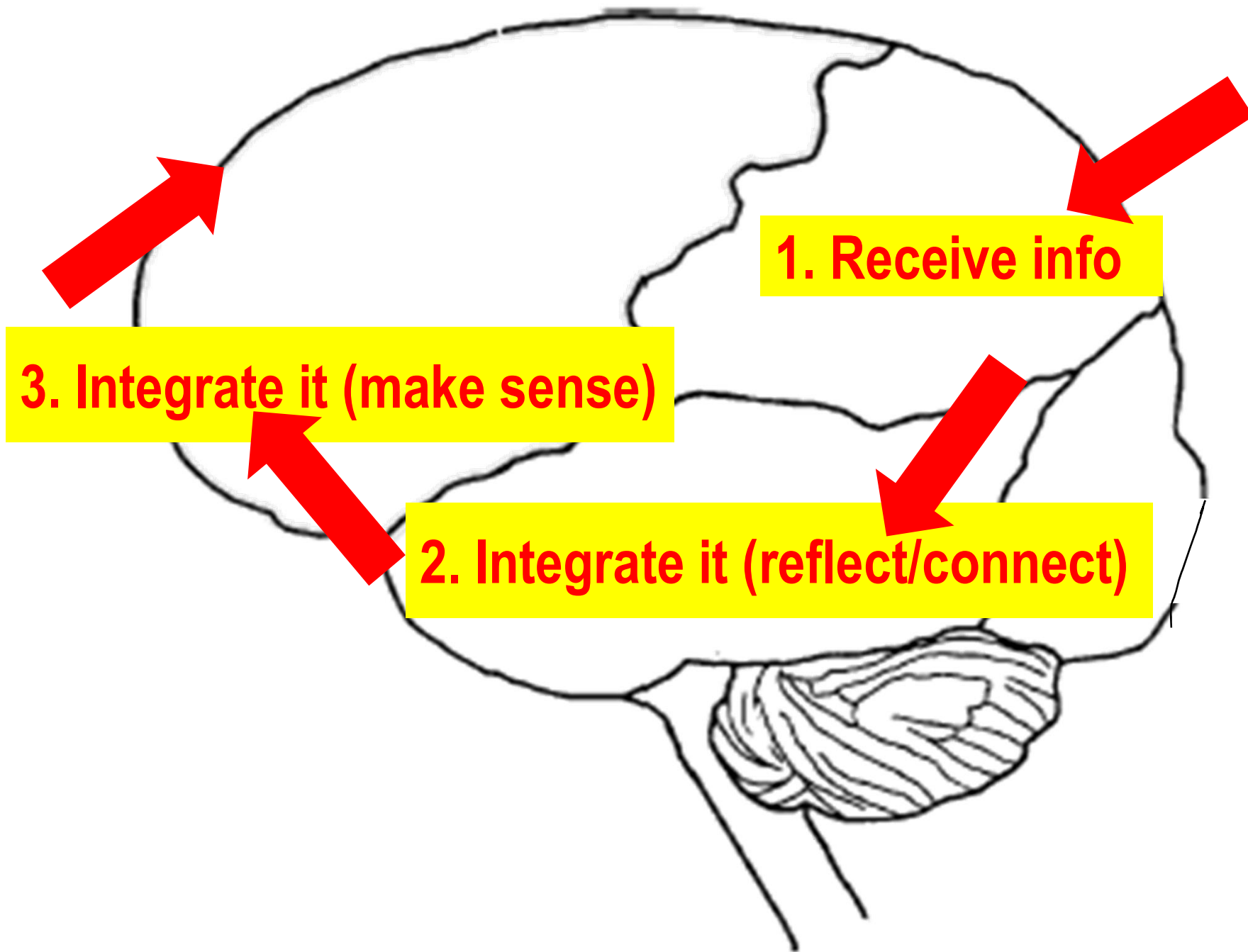
How We Actually Learn

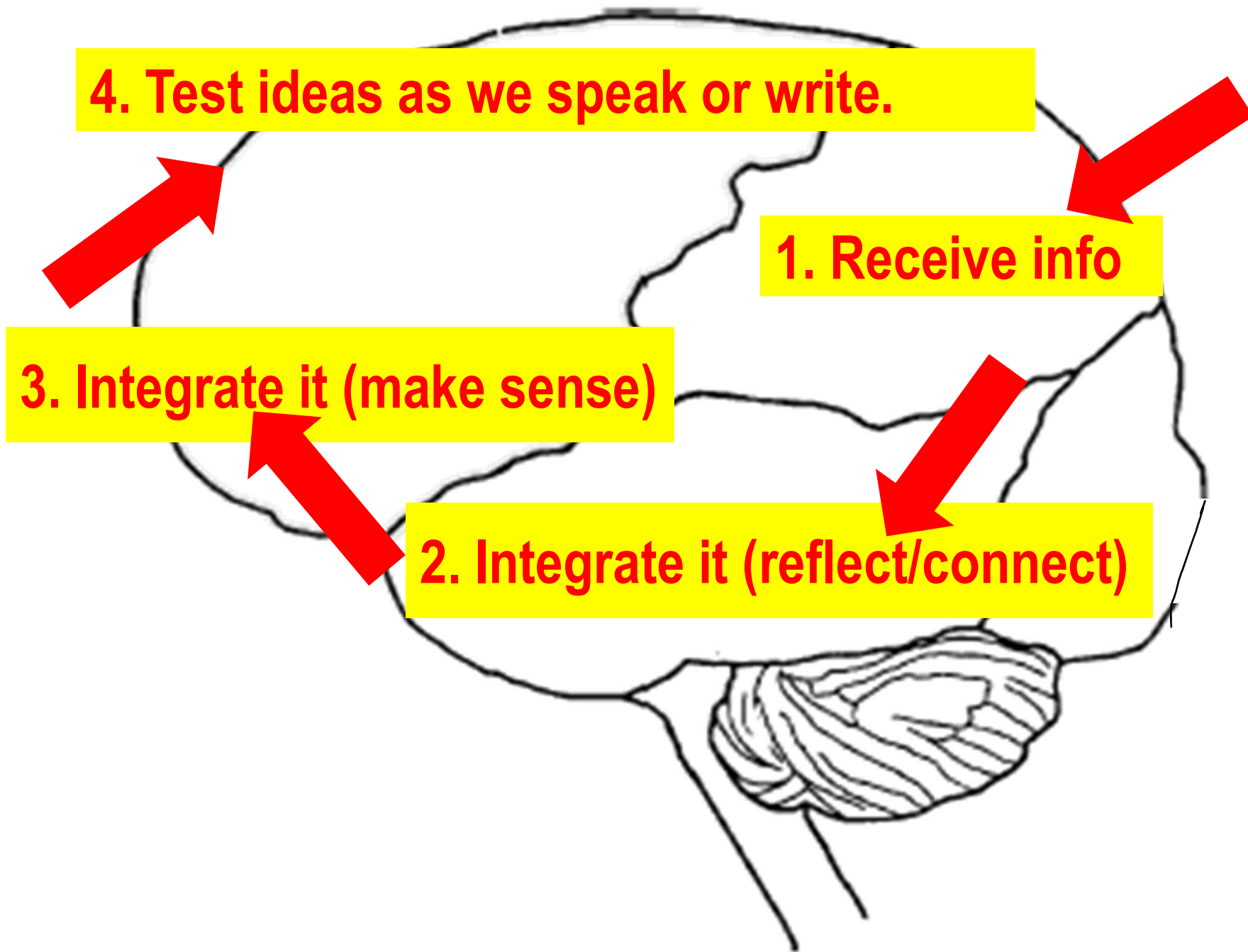


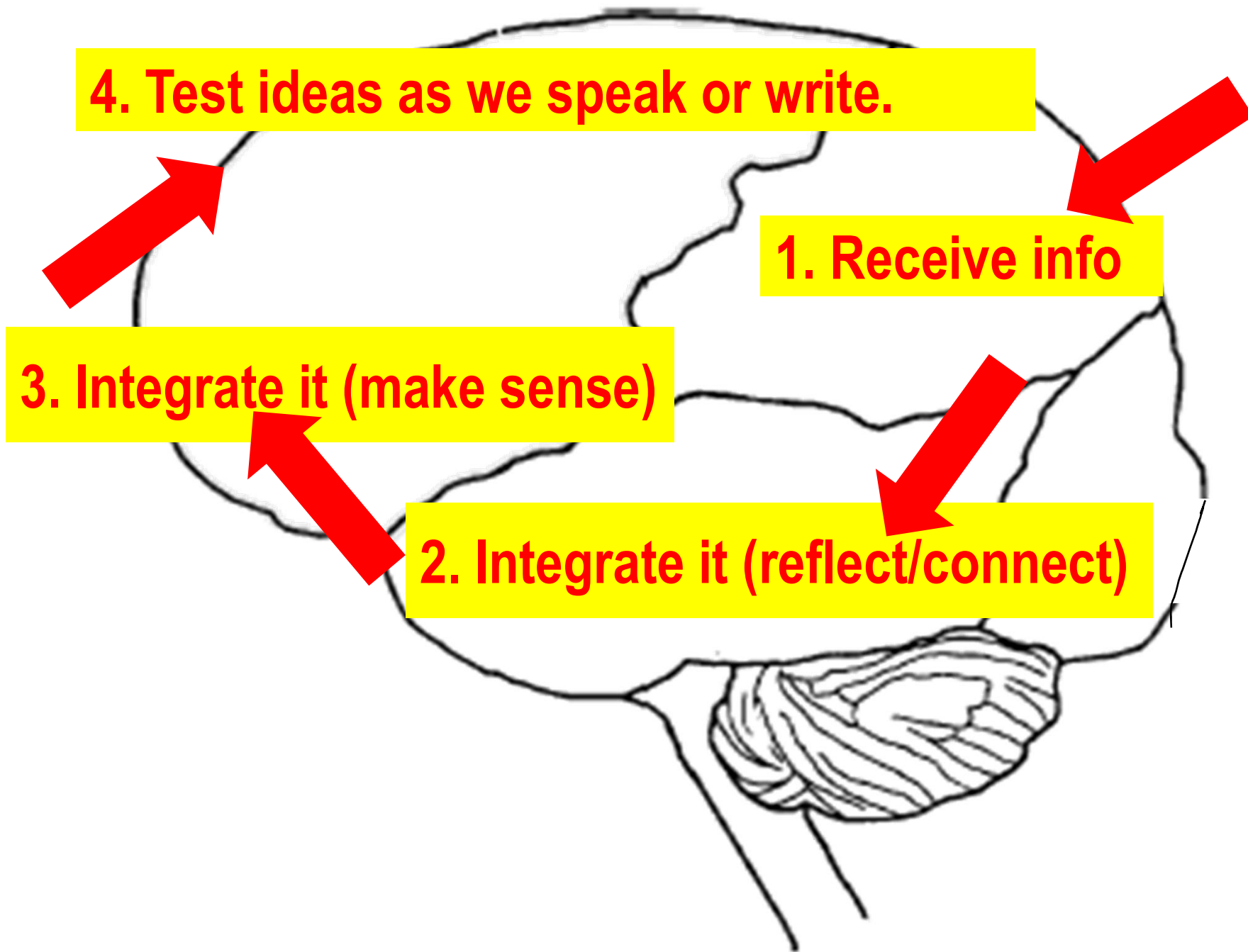
1. Receive info

Clasp Hands!









Learning Requires:

- 1. Receive info via senses**
- 2. Connect to experience & knowledge.**
- 3. Make sense of info (WIIFM).**
- 4. Test ideas through speaking, writing.**

Your Turn

How can you devote at least 1/3 of your program time for attendees to think about, connect, make sense and discuss content instead of just listen?



A close-up profile of a person's head with a glowing, translucent blue brain overlay. The brain is shown in a 3D-like perspective, highlighting its complex structure. The person's face is partially visible, showing the nose and mouth. The background is dark, making the glowing brain stand out.

Five Brain Friendly Strategies

Consider Which Ones You Could Adopt for Your Program?



Talking Trumps Listening

Brain Friendly Strategy #1

A photograph of three people in a social setting. A woman in the center is smiling broadly, wearing a colorful, patterned headband. To her left, a man is also smiling, looking towards her. To her right, another man is partially visible, looking towards the woman. The background is slightly blurred, showing what appears to be a restaurant or cafe environment with wooden tables and chairs.

Talking Increases Retention And Builds Relationships



Meaning Trumps Content

Brain Friendly Strategy #2



Peer Discussion & Reflection

Allow Time to Connect New info to Past Knowledge

Different Trumps Same

Brain Friendly Strategy #3



A photograph of a man in a purple shirt standing on a stage during a TED talk. Behind him is a large, illuminated red 'TED' logo. In the foreground, the backs of an audience are visible, many of whom are clapping. The stage is lit with blue light, and the background is dark blue curtains.

Requires Story Telling, Novelty
Unusal Images



Requires Chunking Content

Patterns, Context & Relevancy

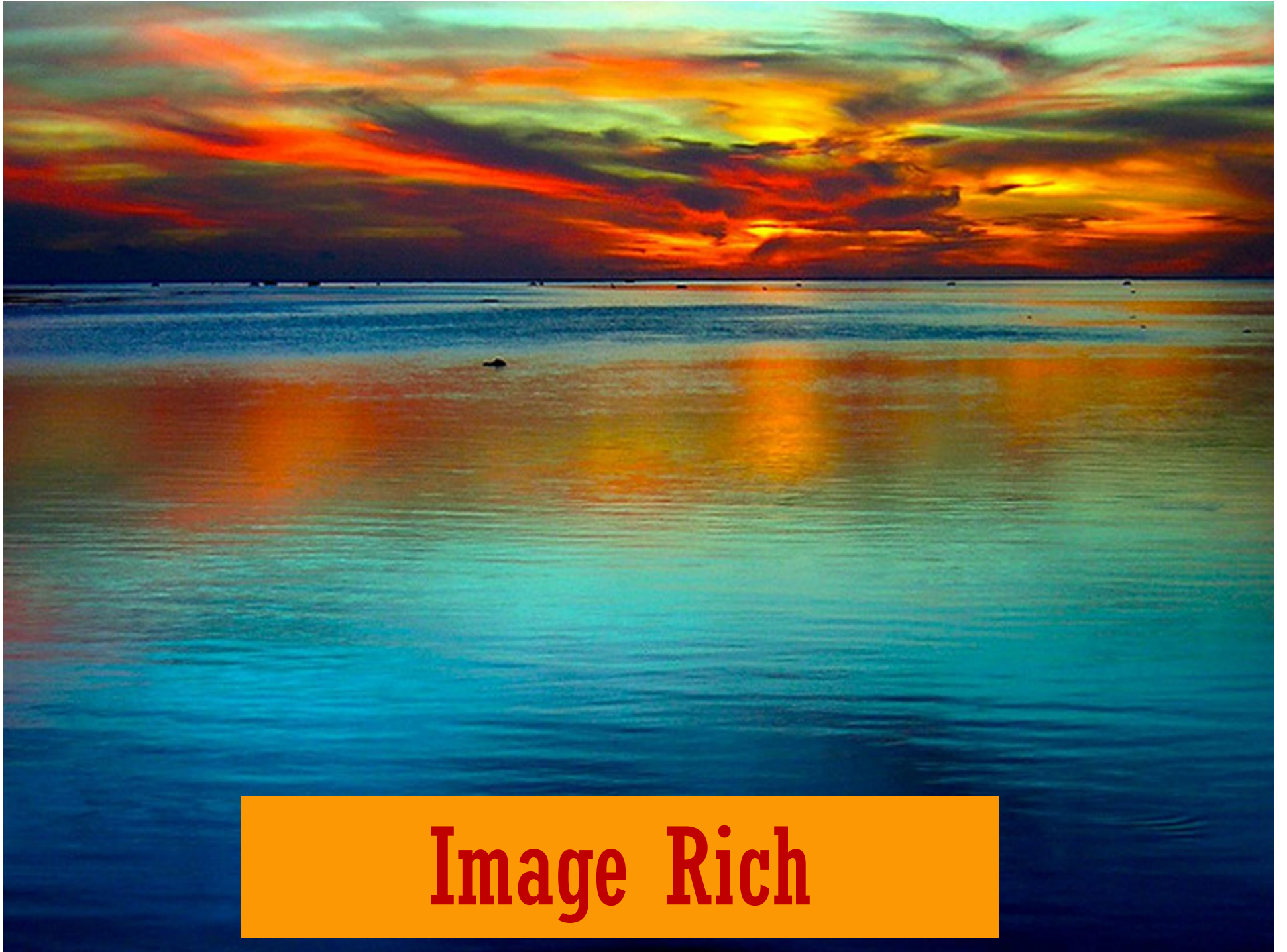


Image Rich

Pears



Recognition doubles with pictures



50% of brain processing devoted to visuals



Brain Friendly Strategy #5

Shorter Trumps Longer



Your Turn

Which One of These 5 Brain-Friendly Strategies Will You Adopt to Rock Your Program?



Five Brain-Friendly Strategies

1. Talking Trumps Listening
2. Meaning Trumps Content
3. Different Trumps Same
4. Images Trump Words
5. Shorter Trumps Longer



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