Intentional learning: The most fundamental skill

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Our presenters today

Lisa Christensen
Director of Learning, Design and Development
San Francisco

Matt Smith
Partner, Chief Learning Officer
Paris
The level of intention we bring to improving our performance readies us for challenges, prepares us to raise our skills and ultimately keeps us inspired and engaged.
Learning is a skill

1. Set small, clear goals
2. Remove distractions
3. Feed your curiosity
4. Practice deliberately
5. Practice regular reflection

Intentional Learning: Adopt a growth mindset, seek feedback.
Two critical mindsets that foster learning

Growth Mindset

A growth mindset suggests that you can grow, expand, evolve, and change and releases you from the expectation of being perfect.

A growth mindset is liberating, allowing you to find value, joy, and success in the process, regardless of the outcome.

Curiosity

Curiosity is awareness, an openness to ideas, and an ability to make connections between disparate concepts.

Strengthen your curiosity by:

- Facing your fears
- Seeking novel experiences and ideas
- Focusing on what you love
Set small, clear goals

Intentional learners are anchored in tangible goals, so they can use curiosity as an effective tool instead of a source of distraction.
2 Remove distractions

Although intentional learners face the same distractions and expectations their peers do, they protect time for learning.

Because no set of decisions is more personal than how you use your time and balance your responsibilities, there isn’t a single formula for making time to learn.
3 Seek feedback

Intentional learners not only seek feedback but also pursue it voraciously.
Practice deliberately

Doing things over and over does little to build your skills. Deliberate practice creates expertise.

Deliberate practice is focused activity aimed at just the right level of challenge to extend expertise.
5 Practice regular reflection

Reflection helps you unpack your actions, to refine the component pieces, and then to put those pieces back together in a way that improves your performance.
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