

# BE CURIOUS. BE A LEARNER.

Discover how you learn best and how that shapes your ability to think and act strategically.

## WHAT THIS IS

This short self-assessment helps you explore your personal learning style: how you naturally absorb, process and retain new information.

It's inspired by the VARK learning model originally developed by Neil Fleming (1987) and adapted here to align with the Be More Strategic framework.

## WHY IT MATTERS

In the Strategic Mastery Framework, curiosity and learning sit at the heart of Level 2: Cultivate Open-Mindedness.

Strategic thinkers are lifelong learners. They explore, ask questions, and adapt how they learn. They know that progress isn't just about knowing more, but about noticing how they learn best, so they can grow more effectively.

*"The best strategists are great learners, not because they know all the answers, but because they never stop asking better questions."*

Victories may build confidence, but missteps often build wisdom. Maybe you really weren't bad at maths or languages or music, you just weren't being taught in a way that suited how your brain prefers to learn. Understanding this is powerful self-awareness.



## HOW TO USE THIS TOOL

Read each statement below and note whether it sounds like you.

At the end, count how many statements you tick in each category to reveal your preferred learning style(s).

## VISUAL LEARNER

You learn best through seeing, observing and visualising.

- I remember things better when I can see diagrams, charts or images.
- I like colour-coding notes and highlighting key ideas.
- I prefer seeing a process mapped out rather than just hearing it described.
- When solving problems, I often see the answer before I can explain it.

**Tips:** Use mind maps, flow charts, models and visual metaphors. Turn words into pictures. Watch videos or sketch your ideas.

## AUDITORY LEARNER

You learn best through hearing, speaking and discussing.

- I like to talk things through out loud.
- I remember information best when I've heard it explained.
- Podcasts or recorded notes work well for me.
- I enjoy group discussions or teaching others what I've just learned.

**Tips:** Read key points aloud, use voice notes, join discussions, or explain new ideas to a colleague or friend. Teaching reinforces learning.



## READING/WRITING LEARNER

You learn best through written words and structured note-taking.

- I prefer reading instructions to watching videos.
- Writing something down helps me clarify my thoughts.
- I like to make lists, summaries, or rewrite key ideas in my own words.
- I often turn complex concepts into bullet points or written reflections.

**Tips:** Keep a learning journal. Summarise readings in your own words. Translate visuals or talks into text form for deeper understanding.

## KINAESTHETIC LEARNER

You learn best through action, movement and experience.

- I understand best when I can try something for myself.
- I find it easier to remember experiences than facts.
- I use gestures, props or examples to make ideas real.
- I get restless when learning is purely theoretical.

**Tips:** Turn concepts into activities or experiments. Role-play ideas, use case studies, build prototypes — learn by doing.

## REFLECT ON YOUR RESULTS

Count your ticks in each category.

- A clear majority in one area = a dominant learning style.
- A mix across categories = you're a **multimodal learner**, you adapt easily depending on the situation

The goal isn't to *label* yourself it's to expand your self-awareness. Strategic learners flex between modes to suit what they're learning and who they're learning with.



## WHAT TO DO NEXT

1. Revisit how you approach learning at work or in life. Are you using methods that suit your natural style?
  2. Experiment with one new way of learning this week – and try an opposite mode to stretch yourself.
  3. Share this with a colleague or friend and compare results. You'll quickly see why different people respond differently to training, communication, or coaching.
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## REMEMBER:

*Strategic thinkers never stop learning – they simply keep learning how to learn.*

*Knowing how your brain prefers to learn gives you the foundation to adapt, grow faster, and think more strategically every day.*

