



# Building a L&D Course: Balancing Practical vs Theory

**74%**

74% of employees believe they would be more successful if they had access to learning opportunities that were hyper-relevant to their role - [Glassdoor](#)

**37%**

more likely to be productive and 58% more likely to offer above-average customer satisfaction - [Indeed](#)

## Learning Styles



### Part Myth, Part Reality

#### VARK

Visual, Auditory, Reading/Writing,  
& Kinaesthetic

#### Honey & Mumford

Activist, Reflector, Theorist &  
Pragmatist

### Rule of Thumb 1

Every topic needs at least some theory element, and some practical element.

### Rule of Thumb 2

Avoid being too predictable.

### Rule of Thumb 3

Knit the theory and practical together as closely as possible.