OBSTACLES TO LEARNING	Rarely	Seldom	Sometimes	Often	Usually
Inability to unlearn	1	2	3	4	5
“I can’t learn that.”	1	2	3	4	5
Cognitive blind spots	1	2	3	4	5
Confusion	1	2	3	4	5
Unwillingness to admit that I don’t know.	1	2	3	4	5
Not assigning priority to learning, practice, or application	1	2	3	4	5
Trivializing	1	2	3	4	5
Having to get it right	1	2	3	4	5
Unwillingness to grant authority	1	2	3	4	5
Forgetting the learning happens in the body	1	2	3	4	5
Body/mind states not conducive to learning	1	2	3	4	5
Faultfinding	1	2	3	4	5
Blind or uncritical acceptance	1	2	3	4	5
Fear of embarrassment	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
©Advanced-Trainings.com	1	2	3	4	5

Obstacles to Learning

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Adapted from work by Julio Olalla/The Newfield Network
Thanks to Anne Williams for gorgeous slide layouts!

In the following **list** of learning obstacles, make note of which you **recognize** in yourself:

inability *to* **unlearn**

*"Fast **past** matching"*

-- Mickey Connolly, American author and consultant

*It is what we **think** we know already that often **prevents** us from learning.*

-- Claude Bernard, French physiologist

*You are **lost** the instant you know what the **result** will be.*

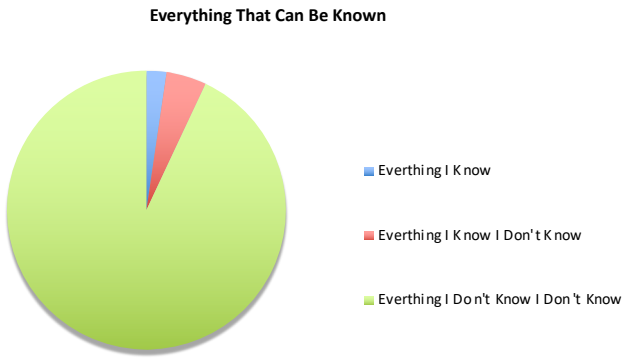
-- Juan Gris, Spanish painter and sculptor



"I **can't** learn that."

- Self-fulfilling opinion.
- Always an opinion and not a fact (because you haven't thoroughly tested it yet).

Cognitive **Blind** Spots



confusion

1. An addiction to wanting things to be **clear** and unambiguous– all the time.



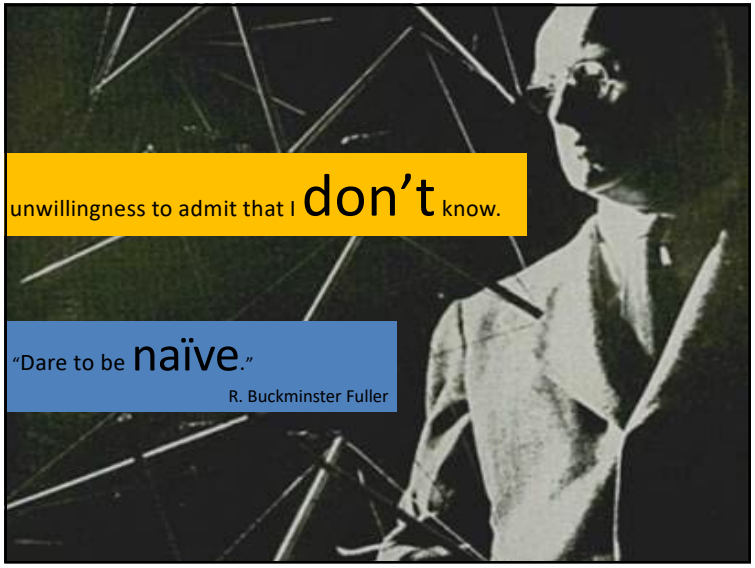
2. Lacking **tolerance** for chaos or **uncertainty**.

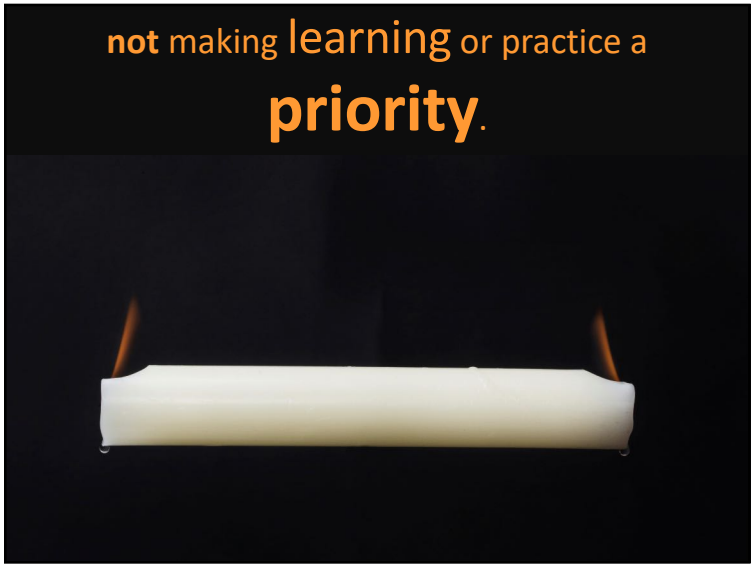


unwillingness to admit that I **don't** know.

"**Doubt** is an uncomfortable condition, but **certainty** is a **ridiculous** one."
Voltaire







Learning Scorecard

In the past year, how many times did you:

- Participate in professional Cont. Ed? ____
- Research a client's condition? ____
- Ask a question of peers or a supervisor? ____
- Seek professional care for yourself? ____
- Talk shop with other practitioners? ____
- Take in a work-related article, book, or podcast? ____
- Total: ____

Share your score.

- Discuss: Are you satisfied with your answers?
- If not, what would it take to shift those priorities?



having to get it right.



The ROI on failure, is learning.
--Mickey Connolly

inability to grant the necessary authority to a teacher.





Forgetting that learning happens in the body.



body/mind states not conducive to learning.

eg, embarrassment or the possibility of it.



Openness and

curiosity

are body/mind states.



Openness and

curiosity

are body/mind states.



body/mind states not conducive to learning.

- Right now, shift your body toward more openness:
- Breath; body, tension, eyes, jaw, face.
- Stay open, and share with a neighbor: what did you do, to allow more openness?

1. Review the obstacles you **recognized** in yourself.

2. What would help you when you experience your obstacles?

3. What do you think would help your clients when they're experiencing **their** obstacles?