



Principles of adult learning

When working with adults, remember that they:

- need to be respected for who they are and what they do; and
- can utilise their own experiences in learning.

Encourage learning by:

- exposing participants to new possibilities;
- stimulating discussion;
- presenting information in a variety of ways;
- being honest about opinions, values and biases of your own input;
- helping participants see where their experiences fit in;
- letting participants relate the information to their own situations;
- providing feedback for the participants; and
- using new insights to make changes.