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.