

THE ART OF UNLEARNING

LETTING GO OF WHAT NO LONGER WORKS
WITHIN THE WORKPLACE & SELF



PREFERRED TRAINING
NETWORKS



**YOUR TRUSTED
LEARNING AND
DEVELOPMENT
ADVISOR**

We spend a lot of time learning new skills. But sometimes the bigger challenge is letting go of old habits.

Unlearning is about recognising the routines, assumptions and ways of thinking that no longer work for us. It might be a process we have always followed. Or a habit that once made sense, but now gets in the way. Often, these behaviours become so familiar that we stop noticing them and the destruction they can cause.

This unlearning workshop looks at why we hold onto familiar ways of doing things and what makes change difficult. Participants will identify old habits, challenge automatic thinking and explore practical ways to replace outdated approaches.

Discovering what we need to stop, rethink or do differently allows us to make space for better ways of working.

KEY COURSE CONTENT

- Understand what unlearning means in the workplace
- Recognise habits and assumptions that may no longer work
- Identify behaviours that have become automatic
- Explore why people hold onto familiar ways of working
- Recognise the impact old habits can have on others
- Replace unhelpful habits with more practical approaches
- Explore how conditioning has shaped your perspective
- Become more open to change and different ways of working
- Create simple actions to support new workplace habits
- Challenge the thinking behind “*the way we have always done it*”

NUTS AND BOLTS



Target Audience

Leaders,
managers, team
leaders, and
employees



Duration

Available as a
full-day or half-
day course



Delivery

Available in-
person at your
organisation/
venue, or virtual



Group Size

Recommended
4 to 10
participants



Resources

Participants receive a
certificate of completion
& a free follow-up
refresher course with the
original trainer

GET A QUICK QUOTE

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no-obligation
quote *in less than 5
clicks*



CONTACT US



1300 323 752



mail@preftrain.com.au



preftrain.com.au