## All Training courses are seen as development journeys

**PREPARE** 

Define objective & sense

Ensure motivation

Prepare experience (structure, basic input) **EXPERIENCE** 

Room to experiment: self-driven learning by doing

Intense cognitive & emotional experiences (group and individual) **REFLECT** 

Structured reflection of experiences - adopting different perspectives

**LEARN** 

Needsoriented additional input **TRANSFER** 

Prepare transfer to everyday life and secure commitment

