

# Intentional Learning: Cultivating a Mindset of Growth

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For better or worse the COVID pandemic profoundly changed how people work, interact, and learn. The initial sense of urgency altered expectations, while the speed of transformation brought to light pressing needs for new and refreshed skills. Learning is a skill; and, people who master the mindsets of effective learning grow faster than their peers. Intentional learners build strong foundations and achieve desired outcomes. They recognize limitations, overcome obstacles, and approach life with curiosity. Learning becomes an almost unconscious, reflexive form of behavior. Intentional learners know that every experience, conversation, meeting, or project is an opportunity to develop and thrive.

**Time Requested: 8-12 minutes presentation**