



## How Do You Learn?

# VISUAL

**"Hey!"** visual learners tend to use these phrases:

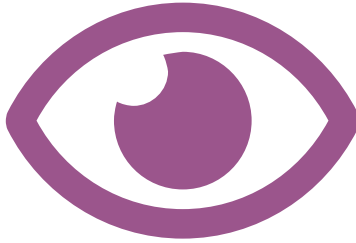
Show me how.

Watch this.

Let's have a look at that.

**See:**

Prefer to use the "observable":  
pictures, graphs, diagrams,  
powerpoints, videos etc.



**Distractions:**

Visual learners usually get distracted by messy or hard-to-interpret visual layouts, flow doesn't make sense or is not clear. This includes visually boring or poorly designed presentations.

**Demo & Read:**

These learners work best from bulleted lists and steps, images and videos, diagrams, and being shown personally.

Who On My Team Is this Style?

## How Do You Learn?

# AUDITORY

**"Hey!"** auditory learners tend to use these phrases:

Tell me how.  
Talk me through this.  
Listen to this.

**Listen:**

Prefer to process information by hearing themselves or others talk about it out loud and through other sounds and noises.



**Distractions:**

Auditory learners usually get distracted if background music is too loud, or by things like air conditioning units going on and off, construction noises, or chatty co-workers in the next cubicle.

**Speak & Hear:**

These learners work best from verbal directions, the rephrasing the directions themselves. Some auditory learners also listen to audio or podcasts while they work.

Who On My Team Is this Style?

## How Do You Learn? KINESTHETIC

**"Hey!"** kinesthetic learners tend to use these phrases:

Let me try.  
Help me do this.  
Do it with me.

**Do:**

Prefer hands-on experience:  
troubleshooting, rolling up your  
sleeves and getting in there and  
figuring it out.



**Distractions:**

Kinesthetic learners can get easily distracted by having to sit still and listen for long periods and not given a chance to try it for themselves. Just getting up and moving around helps them to focus.

**Try & Experiment:**

These learners work best from experimenting and learning by physically getting involved and creating muscle memory.

Who On My Team Is this Style?