

Learn 2 Unlearn



Program Title: Learn 2 Unlearn
Delivery Format: Instructor-Led Training (ILT)
Program Length: 1-3hr ILT
Audience: AHA Employees
Program Description:
Stuck in old ways of doing things?

Business as usual won't get us to where we want to go! Based off of Harvard's research around learning to unlearn, The Learn 2 Unlearn facilitated discussion session will teach you how to "unstick" yourself and your team in order to create new ways of thinking that are innovative and aligned with AHA's strategic value proposition, mission, and goals.

Key Objectives:

- Recognize that "old" mental models are no longer effective
- Find or create new model that can better achieve goals
- Ingrain new mental habits
- Identify new ways of looking at innovation and creativity
- Discredit the "myths" we tell ourselves about innovation
- List what to stop/start/continue in order to foster innovation

Cost: No Cost

Contact Heart U at heartu@heart.org to complete this training or to schedule it for your team.

