

LearningPlanet

LearningPlanet Methodology

How Our Content Aligns with Best-Practice Adult Learning Principles





Evidence-Based Adult Learning

LearningPlanet uses proven adult-learning principles focusing on practical and relevant content for work.



Short and Practical Content

Content is designed to be short, reflective, and action-oriented to fit into the flow of work.

Introduction to LearningPlanet & Our Learning Philosophy

Transformative Learning: Effective Microlearning Content for Workplaces



Core Adult Learning Principles Behind Our Methodology



Relevance and Application

Learning is designed to be relevant and immediately useful in real work situations so learners can apply skills the same day.



Respect for Experience

Our content acknowledges learner experience and uses reflection to connect new ideas to their situation.



Microlearning Focus

Information is segmented into manageable units to reduce cognitive load and support effective learning.



Reflection Embedded

Reflection questions and action planning are integral, helping learners turn knowledge into behaviour change.



Experiential Learning

Content focuses on real workplace problems and scenarios for practical skill application.



Clear Outcomes

Each learning element has a clear purpose and expected skill development outcome to motivate learners.



Design Consistency & Cognitive Ease

Consistent Structure

Content uses a uniform structure, tone, and visual style across all formats.

Ease of Recognition

Learners quickly recognize the format, which reduces uncertainty and cognitive effort.

Focused Attention

Familiarity allows learners to concentrate more on the content itself rather than the learning process.

Improved Retention

Consistency supports better comprehension and memory, especially for returning learners.

Microlearning Formats: Videos, Courses & Learning Pathways



1-Minute Videos

Focus on a single technique for quick skill refreshers and just-in-time learning.



10-Minute Courses

Structured learning with context, explanation, application, and reflection to deepen understanding.



Learning Pathways

Combine multiple courses into coherent journeys, allowing paced progression and deeper development.

Reflection and Experiential Learning as Core Design Features



Structured Reflection

Every learning element includes reflection to convert information into insight and behaviour change. Reflection is embedded through questions and action planning, ensuring learning leads to practical outcomes.



Clear Outcomes & Focus on Behavior Change



Outcome-Focused Goals

Each video and pathway sets clear goals so learners know what skills they will develop.



Action Plans

Learners create action plans to apply what they learn and drive observable behavior change at work.

How Our Formats Work Together to Support Learning



Deliver Just-in-Time Skill Refreshers

Use 1-minute videos to provide quick, focused skill refreshers that fit seamlessly into daily work and learning moments.



Facilitate Capability Building

Implement 10-minute courses that offer structured content with reflection and quizzes to deepen understanding and skill development.



Enable Self-Directed Structured Learning

Create learning pathways that combine courses into coherent journeys supporting role progression and learner control over pace.

Evidence-Based Foundations Behind Our Design



Cognitive Load Theory

Reduces unnecessary mental effort by using short videos and clear structure to enhance learning efficiency.



Dual Coding Theory

Combines narration, visuals, and text to reinforce learning and minimize distraction.



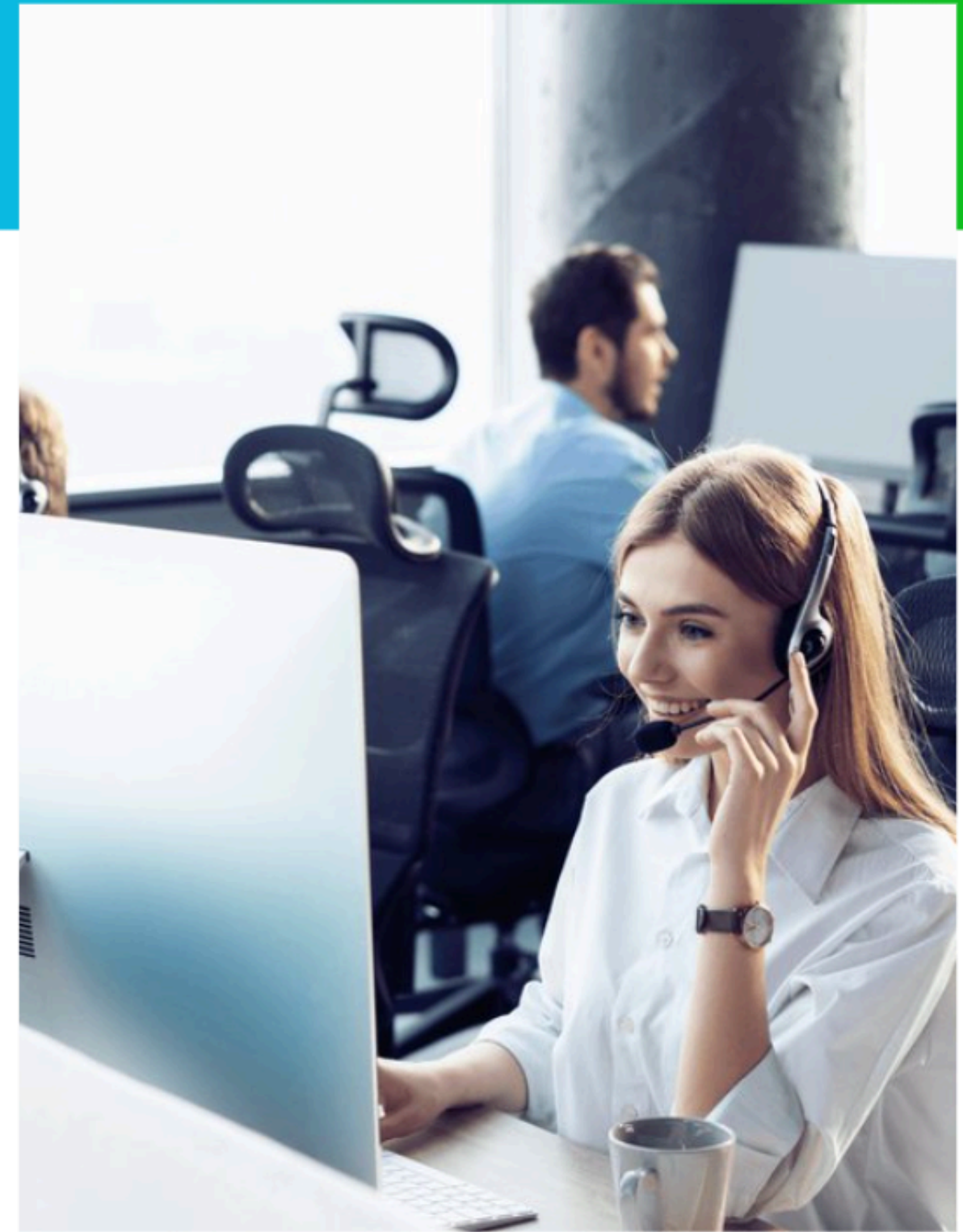
Adult Learning Theory

Addresses self-directed, experience-rich learners motivated by relevant and practical content.



Experiential Learning

Promotes learning through real-world action, reflection, and problem-solving.



Summary: Practical Learning for the Real World

LearningPlanet delivers short, practical, reflective, and action-oriented learning content.

Our approach goes beyond one-off training to build confident, capable people through continuous learning integrated into work flow.

Would you like to learn more about how our methodology drives real behaviour change?

Get in touch to request more information or book a conversation.

Access learningplanet.tv now!

