

How to draw out your learning

When you do an exercise on the course, it is in a sense just the first step. To draw out your learning, it can help to do what Carlos Cabarrús describes as the “NER”. What is the NER? It stands for New, Emphasis and Relationship. And there is one more R which you can add, which is Body Resonance. Let me explain.

New

When you have done an exercise, ask yourself what you have learned that is new; a new piece of information, a new realisation, something that you are seeing for the first time.

Emphasis

Look also for what is emphasized in your reflections; something that you knew already, but now you see more clearly. Something that is confirmed to you. Perhaps a pattern of repeated things.

Relationship

A third element to look for is the relationship between the different pieces of information and insights that are emerging for you. It is like saying: *because of this came that; these two things are linked.*

Body Resonance

Finally, but also very importantly, notice how your body responds when you are doing these exercises. When you are looking at a particular issue, do you experience a resonance, or a response in your body, that has an emotion feel to

it? If so, you might ask yourself what that is about. Does that resonance hold some message for you?

So this is the NER, which will help you to draw out more learning from the exercises.