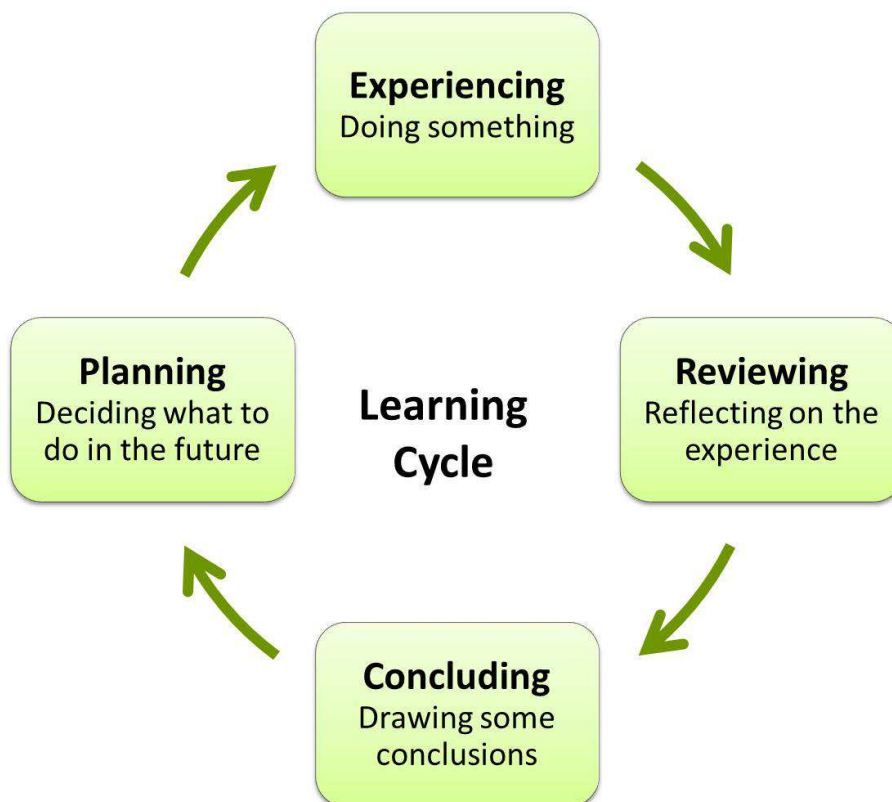


## Kolb's Experiential Learning Cycle

Kolb suggests that learners need to move around a 'learning cycle', in order to facilitate effective learning from experience. Completing each stage of the learning cycle is important not just for itself, but because it improves learning in the next stage:



This cycle provides a map to help you maximise your learning from anything you do at work, in your personal life or during a learning event. It is a continuous process, so you can go around the cycle several times for the same topic.