

Squiggly Careers PodSheets

Ideas to invest in your learning



The benefits of prioritising learning



Career resilience

Learning keeps your skills and strengths relevant.



Staying curious

Learning keeps you open to new ideas and insights.



Building relationships

Learning with others creates new points of connection.

Common barriers we need to overcome



Lack of time

Make learning a habit not another thing on your list.



Limited budget

Use constraints to get creative and DIY your development



Closed Learning Company

Focus on people you can learn from (in and outside).

? How would you learn at work if you felt like you had no time to spare?

Sarah: Look at your working week and identify opportunities to experiment and learn.

Helen: Feedback acts as data for your development. Ask What worked well? What could be even better if?

? How would you learn at work if money wasn't available to you?

Sarah: Adopt a stubbornly adaptive mindset and create alternative opportunities whilst waiting to find funds.

Helen: Get a mentor. Think about what you want to learn and who can help you learn it.

? What would you learn at work if you had £50?

Sarah: Buy a book! Or access to online events from [How to Academy](#), [Do Lectures](#), [5x15](#) and [from us](#)!

Helen: Purchase tickets for in-person events from [RSA](#), [Tortoise Media](#), [Idler Academy](#).

? What would you learn at work if you had £500?

Sarah: Do something that feels far from your everyday. [Unschool](#), [Happy Start-up school](#), [FT events](#), [School of life](#).

Helen: Invest in 121 sessions with a coach and sustain your development by investing in [self-coaching too](#).

? How would you learn at work if you didn't want to work alone?

Sarah: Investigate learning designed with communities in mind, such as [The Stackworld](#), [Upfront](#).

Helen: Start a series of squiggly skill swaps. Who do you know that has a skill to swap? What could you teach?

Recommended resources



[A beautiful constraint: How to Transform Your Limitations Into Advantages](#) by Adam Morgan and Mark Barden inspired Sarah's stubbornly adaptive mindset



[The life-long learner](#) a Ted talk by Bernie Dunlap on the many benefits of learning



[How to be a learn-it-all](#)
Squiggly Careers Episode #243

Amazing if