

## 3 ways to start learning like a lobster

To succeed in a squiggly career we all need to be able to learn at work. However, learning can feel difficult to do and it's hard to know where to start.

We need a new role model to help us make learning possible, and the lobster can inspire us to look at learning differently: they never stop growing, they grow the most when they are vulnerable, and fuel their continual growth.



[Pre-order Learn Like a Lobster](#)

## Ideas for action



### Learn as you go Try a To Think List

To Think Lists act as a magnet for thinking and are something you can keep coming back to and building on.

Instead of being distracted by doing, To Think Lists help you to reflect and collect your thoughts.

### Learn in hard moments Try fly on the wall facts

Feelings can cloud clarity and limit our capacity to learn in knotty moments.

Zoom out and observe your situation from a distance.

Ask yourself *'what do I 100% know to be true'*.

### Lead your own learning Find small firsts

The better we get at being a beginner, the less daunting it is to learn new things.

Create 'beginner bingo' by writing a list of small firsts connected to a skill you'd like to develop.

## Coach yourself

How can learning like a lobster benefit my career?

