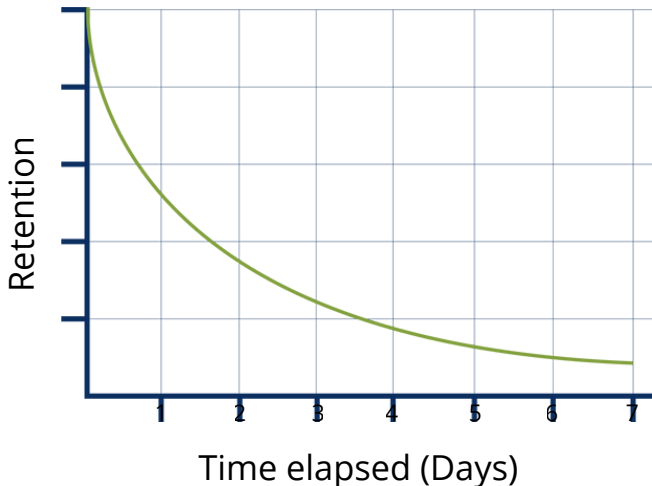


Making It Stick

Maximizing your training experience

The Forgetting Curve

Have you ever wondered why you have a hard time recalling information you learned during a training? The Forgetting Curve shows - *the longer we go without actively trying to retain information, the quicker we forget.*



70

% OF WHAT WE LEARN IN TRAINING IS FORGOTTEN IN ONE DAY.



80

% OF WHAT WE LEARN IS FORGOTTEN IN THREE DAYS.



90

% OF WHAT WE LEARN IS FORGOTTEN IN ONE MONTH.



Combating the Curve: Methods to Success

Now that we understand why we are forgetting information, we need to know how to improve recall over time. Luckily, the answer is quite simple: **Continuous and Blended Learning**.

Continuous learning takes reinforcement because it is **more than a singular event; it is a process.**

Relevant

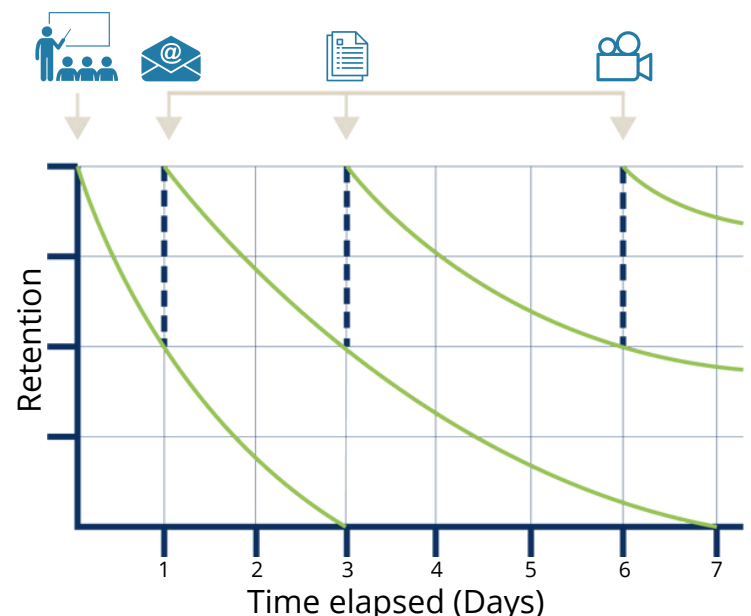
We answer the question, "What's in it for me?", by using relevant real-world scenarios and experiences.

Engaging

Using scenario activities through videos, articles, diagrams, and other tools, we boost active attention in learners.

Top-of-Mind

After our training, we send follow-up resources and encourage our learners to use what they learned as soon as possible.



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