## Experiental learning

David A. Kolb’s Experiential Learning Theory is a powerful foundational approach to all forms of learning, development and change. Experiential learning describes the ideal process of learning, invites you to understand yourself as a learner, and empowers you to take charge of your own learning and development.

It’s a learning process initiated by a concrete experience, which demands reflection, review and perspective-taking about the experience; then abstract thinking to reach conclusions and conceptualize the meaning of the experience; leading to a decision to act, engaging in active experimentation or trying out what you’ve learned. See more here: <https://experientiallearninginstitute.org/resources/what-is-experiential-learning/>

Experiential learning entails a hands-on approach to learning that moves away from just the trainer at the front of the room imparting and transferring their knowledge to students. It makes learning an experience that moves beyond the classroom and strives to bring a more involved way of learning.

