



Mind Mechanics: Unlocking Human Potential through Experiential Learning

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This book pulls together both the theory and the practice of experiential learning and all types of learning that employ activity-based experience. Experiential learning is a powerful and proven approach to teaching and learning that is based on one irrefutable reality: people learn best through experience. Based on well-known theories and models of Experiential Learning, this book enables readers to unleash the potential of learners by making them undergo an experience. Everything that can possibly provide a learning experience is discussed: most theories of learning, and every conceivable way to interest learners in an activity. The present volume will provide Students, Trainers, Coaches, HR Professionals and Organizational Leaders to enhance their effectiveness in inter-personal, intra-personal, organizational, group and community settings. This will be especially useful for the students of Human Resources, Social Sciences like Psychology, Sociology etc.

Contents | Foreword | Preface | Acknowledgements |

PART 1 Introduction

PART 2 Individual and Group Processes

PART 3 Theories of Human Processes

Further Reading and References

About the Author

Sushama Khanna is the former Dean and Director at EMPI-Business school, New Delhi. She established a unique centre of excellence in HR, HR-LABS, at EMPI. She emphasized on using experiential pedagogy, for teaching all courses. Her belief in experiential learning multiplied manifold, when students of HR-LABS were picked up like hotcakes by the industry.

