Learning Styles Coachee Tick List

You can use the following tick list to identify which approaches your coachee might appreciate whilst you work together. For example, with a Kinesthetic Learner, you can ask a question and ask them to create their reply in play-doh, or a Visual Learner may prefer to draw their response.

Visual Learners



- ☐ Pictures and photos
- ☐ Colours
- ☐ Patterns
- ☐ Colouredart supplies
- ☐ Diagrams, maps, graphs, tables

Auditory Learners



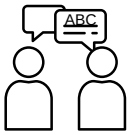
- ☐ Music
- ☐ Singing bowl, wind chimes
- ☐ Singing, humming
- ☐ Chanting
- ☐ Reading out loud

Kinaesthetic Learners



- ☐ Fabric, buttons
- ☐ Stones, crystals,
- ☐ Play doh, clay, sand
- ☐ Fidget toys,
- ☐ Paint, chalks, pastels
- ☐ Movement

Verbal Learners



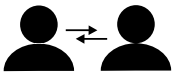
- ☐ Spoken word
- ☐ Writing own notes
- ☐ Discussion
- ☐ Word games

Theoretical / logical Learners



- ☐ Theory
- ☐ Research, background information
- ☐ Steps, systems, method, process
- ☐ Facts,
- ☐ Order and organisation

Social Learners



- ☐ Learning in a group or pair
- ☐ Group discussions
- ☐ Communication
- ☐ Feedback
- ☐ Body doubling

Solitary / reflective Learners



- ☐ Different reflection sheets
- ☐ Time
- ☐ Space
- ☐ Self-awareness
- ☐ Self-regulation,
- ☐ Intrinsically motivated