



Learning – Teaching – Training – HR

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THE book to help you learn differently!

What if we forgot all the methods used to train, support or recruit in favor of a new approach that gives a taste for learning? This is the strength of the skills-based teaching approach (CPA), which is more concerned with skills than with theoretical knowledge alone. In this new book, François Bernard presents all the practical tools to implement this method and thus enable learning differently and effectively, while having fun.

Where can we find teaching methods that arouse the desire to learn? How to run training courses that are 5 times more effective than the transmissive method? A humanistic and empowering approach, APC is based on course and group facilitation techniques with multidisciplinary and motivating learning situations. Through its reverse process, APC calls more on the body and the heart and thus frees learning, by developing the learner's feeling of competence in a climate of confidence.

In his book, supported by solid research on the complex process of learning and numerous training feedback, the author therefore offers 78 illustrated tool sheets to teach people differently and effectively. Organized into four main parts (general principles of APC, didactic design, course and group facilitation techniques, summary and perspectives of APC), the work is illustrated with numerous tables, graphs, boxes and other tools diagnostic.

This book, which can be read entirely but also in a fragmented manner, is aimed at all teachers – from primary to higher education – consultants, coaches, trainers, human resources managers, etc.

An essential book to discover how to learn differently and give confidence and desire to those who learn.

The author

National trainer of trainers and educational engineer in 2 national officer schools (Ministries of Defense and the Interior), **François Bernard** developed the apc² approach with directors, HR managers, training managers, teachers, trainers, officers and coaches. For 4 years, he experienced the effectiveness of the APC with officer training at the National School of Fire Officers (ENSOSP from 2012 to 2016). He has trained more than 700 teachers in APC throughout France. For 2 years, François has been developing APC at the Air Force Officers' School (École de l'air) and training students from the largest French schools with this approach (Polytechniques, Sciences Po, EML , Kedge...).

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