

WE LEARN AND RETAIN:

10 % OF WHAT WE *HEAR*

15 % OF WHAT WE *SEE*

20 % OF WHAT WE *BOTH* SEE AND HEAR

40% OF WHAT WE *DISCUSS* WITH OTHERS

**80% OF WHAT WE *EXPERIENCE DIRECTLY OR
PRACTICE***

90% OF WHAT WE ATTEMPT TO *TEACH OTHERS*

NATIONAL TRAINING LAB