



Congratulations on your new 4MAT product

With this product you can play around with the four types and visualize a positive approach to diversity. For each of the four learning styles you get input, characteristics and tips - and with the fifth element, you get ideas for reflection and action. Below you will get some ideas on how to get started using the product - but it is really only your own imagination which sets the limits on how you can use it.

Visualise your learning style

Arrange the four type elements as a tower, in order of your personal distribution of the preferences with the element of your lower preference at the bottom and the element of the highest preference at the top etc. Place the orange element - with the words: "My 4MAT preferences are..." - on top of it all. Place the tower at a highly visible place at your desk to inspire those who pass by on how to best approach you in communication.

Here we are strong together

Use the tower with your colleagues. Place your highest preferences with the orange element with the words: "Here we are strong together". This will highlight which preferences are given in your cooperation, and which you'll need to call into play.

Stay focused!

Some tasks require a special focus and the use of specific learning style characteristics. Like if you need to contemplate, analyse and/or pay attention to detail, it's your inner 2 you will need to call into play. Place the blue 2 element with the orange element with the text: "In this task, I need to pay extra attention to..." at the top - to help stay focused.

Stretch - particularly where it requires energy

When life is running on autopilot the probability that your lowest preference is in play is quite small. It can be though - because, like everything else, this too can be highly trained and thus become more natural to use in any situation. For most people though it requires extra energy to get the lowest preference into play. If this applies to you, you can place the learning style element with your lowest preference along with the orange element - with the words: "This is where I really need to stretch!" on top, to help you keep focused on it.

This - too - is fun!

Fortunately our preferences are not static - and sometimes we discover the fun and excitement of playing around with other preferences than our typical favourites. Help yourself and your colleagues to support this discovery, exploration and motivation by making it visible when you enjoy playing around with a different preference than usual. Maybe it happens when you participate in a brainstorm and discover how fun it is to dive into your inner 4 or maybe it's when you are working with a practical task that calls for your inner 3's determination and action. Place the particular learning style element you are enjoying with the orange element with the text: "What I really enjoy right now is..." on top.

The natural learning cycle - the full circle

Arrange the four learning style elements as the natural learning cycle, as a reminder that any communication always need to include all four elements - the WHY, WHAT, HOW and WHAT IF.

Types, diversity & education

Use the type tower to support teaching and facilitation of processes with a focus on personal differences. Participants move, stack and touch the elements while they talk and solve assignments regarding personal differences...

Inspire us with your ideas

If you have some fun ideas for the use of this product that you would like to share, please email them to Hanne Houbak at hh@4mat.dk. Thank you.

Enjoy!

