

Part 1

SINGLE, DOUBLE AND TRIPLE LOOP LEARNING

1

What is Single Loop Learning?

Single-Loop Learning is about doing things right. For example, following a recipe. You occasionally make adjustments, but largely follow the steps provided.

2

What is Double Loop Learning?

Double Loop Learning asks how we could do it better.

We question rules or the systems we follow to complete a task. If they're not working well then we change the rules and continue to observe and critique their efficacy.

3

What is Triple Loop Learning?

Triple Loop Learning questions how we decide what the right thing is.

Context is important here. What values, culture, or policies are we drawing on to create our rules.

How did we determine what success looks like?

4

Why Consider Learning Styles?

Our learning systems create the foundation for our actions and decisions.

By adapting the way we learn we can change the way we behave.

5

Read More:

Double Loop Learning in Organisations by Chris Argyris (1977)
Harvard Business Review
Assumptions and triple loop learning by Thomas Aston (2020)
Medium

Part 2

SINGLE, DOUBLE AND TRIPLE LOOP LEARNING

1

Triple Loop Learning

'Learning is a process of reflection and gaining (new) knowledge and understanding.'

'Assumptions and Triple Loop Learning' by Thomas Aston (2020) Medium

Typically, this theory of learning is associated with organisational structures in the workplace.

However, let's try to look at this style of learning from a behavioural perspective.

2

Using Triple Loop Learning

Our emotional and behavioural responses are learned.

In using triple loop learning, you may learn to focus on why you started to feel certain emotions or enact certain behaviours, and target that to effect a positive change.

3

Why Use Triple Loop Learning?

Our learning systems create the foundation for our actions and decisions.

4

Why Consider Learning Styles?

By focusing on double and triple loop learning, we can enact a positive change on behaviours or emotions that negatively impact our quality of life.

We can ask why we experience them, and critically evaluate the role they play in our daily lives.