

Workplace Wellbeing

Curiosity

Curiosity is a strong desire to learn, know and understand something new. It's the key ingredient of learning, helping you to open your mind, broaden your horizons and live a more interesting and stimulating life. In this module, we explore what it means to be curious, why it's important and the multiple benefits it brings.

In this Module

Videoscribe explainer video, with professional audio (duration: 04:38)

English Subtitles

8 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Develop a growth mindset.
2. Ask questions, listen and observe.
3. Be optimistic.

