

Improving your Memory

2 Days

BGIM

OVERVIEW

The programme begins with participants assessing their current memorisation capacity and the strategies they have already developed themselves. They are then introduced to methodologies and encouraged to choose the most effective memorisation strategy to remember and recall the information needed to improve performance. The trainer will also guide the participants in a personal exercise to implement the method learnt.

DESIGNED FOR

People who want to improve, organise and develop the accuracy, reach and reliability of their memory.

LEARNING OUTCOMES

By the end of this course participants will be able to:

- Understand how memory works.
- Rationalise efforts.
- Develop more effective memorisation strategies in order to quickly recall useful information.

TOPICS COVERED

- How Memory Works
- Motivation and Attention Role
- Preferred Memory Mode
- Developing Concentration
- Putting into Practice Visualisation
- Mnemonic Techniques
- Creating Associations
- Memory Rhythms
- "Additional Memories"

EXTRA NOTES

An equivalent course is available in Arabic and French. Please call us for details.