

Memory & Recall

Skills to remember what you read, see and hear

Memory is a fundamental basis of intelligence, creativity and personal effectiveness. It is also often considered to be the biggest challenge to mental literacy for people across various professions. Specific problems include the ability to recall names and faces, numbers, facts, data, instructions, and plans.

This one-day workshop will demonstrate how memory can both be learned and improved by everyone. Principles of memory will be explained and incorporated into interesting memory training practices. Memory tools, memory systems, proven formulas and the latest techniques will be learnt and practical applications introduced.

Graduates from this course will be equipped with knowledge and techniques to improve their memory and recall ability to be more effective in their work and social life.

Learning Objectives

- Awareness of Mental Capabilities
- Understand Basic Principles of Memory
- Understand role of Memory in the Learning Process
- Acquire Knowledge and Techniques to improve Memory & Recall
- Be able to use Mind Maps effectively as a Memory Tool
- Enhance ability to improve Memory and Creativity

Course Outline

- Benchmarking Your Memory
- Brain Principles for Memory
- How Your Memory Changes While You Learn
- Improving Recall
- Systems for Memory
- Mind Maps for Memory
- Memory & Creativity

Duration : 1 Day