

Management Training: Improving your Learning & Memory Skills (SLEAR, 1 jours)

Description

The course Improving your Learning & Memory Skills (Management Training) teaches you how to use your brain. Effective techniques such as imagery, free association, story telling as well as deductive & inductive thinking are used to replace ineffective repetition based techniques. Learn to unlock the power of your brain!

Tarifs

- Tarification: \$850/person
- Rabais de 10% lorsque vous inscrivez 3 personnes.

Plan de cours

Understanding your Brain

- The Human Brain: From Left to Right
- The Human Brain and Emotion: Why Feelings Matter
- The Human Brain and the Environment: Why Where Matters
- Understanding your own Personal Brain Dominance

Improving Memory

- The Effect of the Physical Environment, the Mind and the Body
- How I Memorize?
- Using Visualization
- Using Stories
- Using Symbolism

Learning Effectively

- Anchoring New Learning to Acquired Elements
- Using Structure and Sequence to Learn more Effectively
- Decomposing Complex Concepts to Simplify Learning
- Understanding your Personal Learning Style
- Using Style Appropriate Strategies