

# Improve your Memory

A good memory creates a big impression

## Overview of course content

**Memory Problems** – understanding how and why we forget is an essential first step in knowing what we need to change.

**Memory Principles and Rhythms** – insight into the different types of memory, how it works and how to remember during and after learning.

**Practical Strategies** – techniques for developing the ability to remember whatever you need to remember, when you need to remember it.

**Names and Faces** – impress with your ability to recall names and faces.

## Why improve your memory

- **Remember more** – never forget important information again. Easily remember names and faces; facts and figures; processes; appointments; lists; product information and important conversations - to name a few.
- **Increase your knowledge base** – knowledge fuels success, helping you achieve more.
- **Create a good impression** – being knowledgeable and informative will impress others.
- **Recall information easily** – be prepared for any eventuality: meetings, sales talks, presentations and conferences.
- **Improve confidence** – with a greater knowledge base and the skills to recall information easily, never again worry about saying the right thing.
- **Learn and understand without stress** – feel happy in the knowledge that you will always remember whatever you need to.



Comprehensive ½ day programme

## Key benefits

Remember more – never forget facts, figures, a name, or a face, ever again.

Increase knowledge management - dramatically improve your learning effectiveness.

Memorise lists - deliver presentations without notes.

## Duration and format

One day, half day and bite-sized learning sessions available.

Face to face or Virtual training using Zoom

## Who is this course for?

Anyone that needs to:

- Become more successful at work.
- Create a good impression.
- Develop, improve and manage their memory.
- Improve knowledge and skills.