



MEMORY POWER & Speed Reading

A Workshop You'll Never Forget

What you believe about your ability to learn these skills, impacts your ability to remember and read more quickly. This ultimately impacts your ability to gain knowledge and learn new skills.

Have you ever been taught how to remember or read more quickly? If you're like most people the answer is "NO". Would improving your memory and reading skills add value to your work and life? Of course it would!

PURPOSE – To teach individuals how to effectively gain and retain knowledge, improve productivity and focus, and increase their ability to learn more efficiently by teaching them memory and speed reading skills.

PREWORK – Bring 1-2 unread non-fiction books for the Speed Reading portion.

WORKSHOP AGENDA (Memory Portion) - This part of the course will run from approximately 8:30am - 2:00pm and teaches foundational skills necessary for exceptional success in using your memory power. Packed with activities, Memory Power will change your life! The topics that will be covered include:

- Introduction
- Memory Killers
- Scott Hagwood – Four-Time USA Memory Champion
- Establishing a Baseline – First Memory Test
- FLORIA – A Strategy For Memory
- Peg Method
- Roman Room Method
- Memorizing a Deck of Cards
- Names & Faces
- Business Applications
- Counting to 100 in Chinese
- The Final Test



WORKSHOP AGENDA (Speed Reading Portion) – This part of the day will run from approximately 2:00pm – 4:00pm and covers the following topics:

- Introduction
- Establishing a Baseline – First Reading Test
- Functional Literacy
- Reading Myths
- Reading Action Steps
- Focus #1 – Wandering & Back-Skipping
- Reading Test #2
- Focus #2 – Comprehension vs. Speed & Peripheral Vision
- Reading Test #3
- Focus #3 – Pushing Speed & Shorter Fixations
- Reading Test #4
- Power Browse
- Rest Eyes & Close

AUDIENCE - For anyone who desires to unleash their own mental powers.

LENGTH - One day 8:30am – 4:00pm.

COURSE BENEFITS - You will improve your performance by improving your:

Mental efficiency	Memory & Reading Speed	Ability to break through mental barriers
Productivity	Motivation	Creativity
Confidence	Concentration	Ability to learn new skills

OBJECTIVES - At the end of this workshop participants will be able to:

1. Remember a list of 10 items in order
2. Remember a list of 20 items in order
3. Remember a list of 50 items in order
4. Memorize a deck of 52 cards in order
5. Improve their ability to remember names & faces
6. Learn to count to 100 in Chinese (time permitting)
7. Implement business applications for using these memory techniques
8. Read faster

INCLUDED FOR EACH PARTICIPANT:

1. A deck of playing cards
2. Handouts
3. Whole-brained room set-up
4. Post-course follow up one week after the workshop and again one month after the workshop

FEES - Organizational workshops are \$3200 (plus travel expenses) for up to 20 participants and \$100 for each additional person. Overseas workshops will be charged an additional \$2500 for the extra travel time.

DRESS - The dress is casual and comfortable.

To schedule a Memory Power & Speed Reading Workshop, call 1-734-207-5287 (toll free within the USA at 1-866-896-1024) or email Jamie Nast at info@ideamappingsuccess.com.