

High Impact Speed Reading – Read Fast, Learn Fast

Course Code: ASKHSR

Course synopsis: Information is growing rapidly and is projected to double every 5 years. However, biologically, our eyes are the same as our forefather. How are we to keep up with the amount of information we have to read?

The British and American Medical Associations reported that 80% of all visits to doctors and hospitals were due to stress caused mainly by information overload.

Thus, to manage this 'overload', the eyes and the brain need new strategies and techniques for reading and assimilating information. In this ground-breaking course, the participant will be introduced to 21st century Speed and Range Reading techniques that will improve your ability to read effectively.

Course Objectives: At end of the workshop, participants will be able to:

- identify the common reading problems that slows down reading speed
- apply simple reading techniques and strategies to increase their speed and comprehension
- use Mind Maps® as a speed information assimilation tool.

Course Outline:

- **Awareness & Assessment**
 - Initial Reading Speed
 - Goals
 - Habits
 - Power Browse
- **The Eye**
 - Movement-Reality
 - Guiding the Eyes
 - The Four-Speed Technique
- **The Brain**
 - Standard Operating Procedure
 - Association
 - Comprehension
- **The Reading Environment**
- **The Mind Map**
- **Radiant Reading for Life & Learning**
 - Skimming Newspapers
 - Scanning Reports
 - Exploring Business Books

Course Duration: 1 day (8 hours), 9:00am - 5:00pm

Course Fee: \$513.60 (Inc. GST) per participant

Course Date: Refer to Training Calendar <http://asktraining.com.sg/calendar>



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