



@ASK Training
Attitude | Skills | Knowledge

High Impact Speed Reading – Read Fast, Learn Fast

Course Code:

ASKHSR

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$600 (\$648 Inc. 8% GST) per participant

Course Venue:

Hotel

Course Dates:

<https://asktraining.com.sg/course-calendar/>



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.

Within this 1-day workshop, participants will be taught the logic behind speed reading and different techniques they can employ to enhance their Words Per Minute (WPM). Participants will also be taught information assimilation tools from Tony Buzan's Mind Maps to process the information read as well.

Course Objectives

By the end of the course, you would 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