



@ASK Training
Attitude | Skills | Knowledge

Brainpower – Discovering and Developing Our Mental Skills

Course Code:

ASKBDD

Course Duration:

2 days (16 hours), 9.00am - 5.00pm

Course Fee:

\$1100 (\$1199 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

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



Course Synopsis

Research has shown that the "normal" human brain has a much larger ability and potential than we think. Yet this one potent resource which each of us readily possess is by no means fully tapped or developed. It has often been said that people are the only real resource, and hence, the task of developing our mental skills would be of utmost importance to both the individual and any organisation.

This workshop provides participants with the opportunity to find out how our brain really works, discover some of its amazing capabilities and learn the "natural" ways of tapping into our mental powerhouse.

Course Objectives

By the end of the workshop, participants will be able to:

- Demonstrate the ability to think radiantly
- Discuss and demonstrate the applications of mind mapping
- Discuss the operating principles of the human memory and apply at least one memory technique
- Understand how the human brain is designed to continuously learn
- Apply the knowledge to enhance creativity, change unwanted habits and improve effectiveness on the job

Course Outline

- Learning to build brainpower
- TEFCAS - making learning easy and friendly for the brain
- Secrets to remembering during and after learning
- Associative Thinking – Exploring the explosive nature of thoughts
- Mind Mapping: Key to unlocking your Brainpower
- How Mind Maps increase memory, improve concentration & stimulate creativity
- Rationale behind Mind Maps
- Buzan Mind Mapping Technique - Mind Map® Laws & Keywords
- MMaplications – Applying Buzan Mind Map® professionally and personally
- Memory Techniques –learn a simple technique to remember more
- Drawing on your creative brain
- Our brain – How it works? How to keep it in good shape?

Methodology: This lively and interactive workshop requires extensive participants' involvement. It gives them ample opportunity to practice the new techniques learnt. This workshop comprises:

- Short-lectures / presentations
- Individual/small group exercises and discussions
- Self-awareness questionnaires
- Games, Activities and Q&A periods