



**@ASK Training**  
Attitude | Skills | Knowledge

# Effective Brain Smart Skills for the Workplace

**Course Code:**

ASKEBS

**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

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The one potent resource which each of us readily possess (our brain), is by no means fully tapped. Research has shown that the "normal" human brain has a much larger ability and potential than we think.

Therefore, it is of utmost importance to us (as individuals) and the organization we work for, to develop our mental skills.

This workshop is for participants who wants to work effectively through the use of Mind Maps, a very powerful tool for the brain.

## Course Objectives

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By the end of the course, you would be able to apply Mind Maps in various aspects of their professional and personal life.

## Course Outline

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### Our Amazing Brain

- How our brains think and learn

### Mind Map Principles

- Power of Mind Maps
- Mind Map Laws
- Beyond Basics

### MMapplications: Applying Mind Maps for presentations

- making notes
- generating ideas
- making decisions
- planning events/projects

### Methodology:

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

- Individual and small group exercises and discussions
- Self-awareness questionnaires
- Brain-breaks for reflections/integration
- Games and activities