Enhance Your Memory

Course Code:
ASKEYM

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

Course Fee:
$600 ($654 Inc. 9% GST) per participant

Course Venue:
Hotel

Course Dates:
https://asktraining.com.sg/course-schedule/

Course Synopsis

Do you often struggle to remember the names of other people? Do you find yourself forgetting about the most important information? You are not alone. We often have the false perception that people with good memory are born with natural gifts. However, that is not the case.

Our memory can often be trained and hardwired to better remember things. In our course, Enhance Your Memory, we will teach you different tips and tricks on how to improve your memory.

Our memory relies heavily on mental retrieval cues to remember information. By assigning a common person or thing of interest to the specific information we want to remember, we will be able to better retrieve this information in the long run.

For example, for a person named Tony Tan, our mental retrieval cue would be the Ex-President of Singapore. This technique is proven to boost your memory skills significantly.

Course Objectives

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

- Describe how the brain remember
- Develop mental retrieval cues for information
- Identify the actions to improve their memory

Course Outline

- Understanding Memory

    - Memory challenges

    - Memory Pathways

    - Memory principles

- Improving Memory

    - Aids & Tips

    - Applications

- Building up my memory

- Memory Improvement Action Plan