



**@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 (\$654 Inc. 9% GST) per participant

**Course Venue:**

Hotel

**Course Dates:**

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



## Course Synopsis

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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

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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

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### 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