



@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:

\$1200 (\$1308 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

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



Course Synopsis

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

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

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

Speak to a Course Consultant

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