

Our lives are so fast-paced! Between our jobs, our families and our personal lives, is it any wonder that we feel overwhelmed? The fact is in life, we are now expected to do more in less time and to keep up at all costs.

This program teaches several different memory systems based on rhymes, mnemonics, patterns and much more. These techniques are presented in a fun, light-hearted, fast-moving program that will have your guests demonstrating their comprehension of these techniques before the program is even over.

Here are the key techniques you will learn during this fast-moving, enjoyable presentation:

- Acronyms Why they work as a memory hook, how to create your own and more
- Pictures Associations and Word Games Simple memory aids you can master FAST
- Mnemonics The most effective memory aid you'll ever learn!
 This incredible technique teaches you to use your brain the way it is designed...
 NOT the way we've been taught!

A copy of the handout materials is provided so each attendee can have the main 'take home' points of the presentation for future reference.

Date:

Time: