

Memory Dynamics

How to retain, recall, and remember more!

Expand the power of your mind! Memory Dynamics gives you the tools you need to remember and retain more information, names, and numbers!

Key Learning Points...

Today, everyone is bombarded with information. Whether you are a front-line worker, supervisor or manager, this program will help you...

- Learn facts, figures, and new information quickly, making you more effective at work, in meetings, and in your busy personal life.
- Help your children with homework and memorization.
- Keep track of personal items ... your keys, wallet, briefcase, umbrella, etc.
- Remember names and personal information of every person you meet – new friends, co-workers, customers, or networking contacts.

Loaded with simple, effective methods, this powerful program will dramatically expand your mind to easily learn new information. In addition, you'll be able to remember and recall information quickly and accurately when you need it most!

Who will benefit...

Everyone who struggles with information overload, including:

- Administrative assistants
- Customer service representatives
- Front-line workers

- Sales and marketing staff
- Managers and supervisors
- CEOs and CFOs

Memory and Recall...

- How to use reductive thinking skills
- How to remember in your own words
- How to simplify complex material
- How to organize your thoughts for recalling them later
- How to create a variety of recall patterns
- How to enhance reading with a visual note-taking system

Improve your recall power and capacity of your mental "filing cabinet." Learn to jump-start your dynamic memory using a variety of mnemonic techniques – acronyms, acrostics, songs or rhymes, and visual memory tricks. The proven, time-tested power of Memory Dynamics is amazing and unlimited!

As a result of this training...

- Productivity will skyrocket
- Memory capacity will improve
- Memory accuracy will improve
- Time will be saved
- Retention rate will increase
- Note-taking will be more efficient
- Concentration will be focused

Harnessing the dynamic power of your brain, you will be able to remember what you want, whenever you want. From the moment you begin using the Memory Dynamics techniques, you will immediately notice increased confidence and reduced frustration because of your improved memory!

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Program Agenda

How to retain, recall, and remember more!

This course is packed with information, tips, techniques, and practice exercises so you will begin remembering more immediately!

- Ever wonder why information doesn't seem to "stick"? A look at the reasons we forget
- The common misconception that you need to remember everything: Understand the different types of memory and what you can forget
- How to use association and personalization with information you can't afford to forget
- Five key points to lock information into your memory
- How to energize your brain with Memory Dynamics exercises
- Brain-boosting tips to keep your memory healthy
- Imagination ... it's not just child's play: the role of imagination provides in remembering more
- How to create a "filing system" for your brain that organizes information for fast recall
- What listening has to do with memory...and how to take full advantage of it
- The best technique to use when order or sequence of information is important
- Trouble remembering the exact order of a procedure? Which memory strategy works best
- Advantages and disadvantages of using memory mnemonics
- Memory Dynamics techniques boost your confidence the next time you give a presentation
- A note-taking technique that organizes your thoughts and increases what you remember
- Memory tips that professionals use to remember names and contacts
- Can't write it down? Techniques to remember information when you don't have access to pen and paper