

# **MAKING MEMORY WORK FOR YOU**

## **Overview**

This one day workshop is premised on the fact that there is no such thing as a good or bad memory. Our memory is either trained or untrained. It is possible to train our memory at any moment in our lives. All it takes is the right training and a bit of commitment to practice.

In this beneficial one day workshop you the participant will learn the first three of the five levels of improving your memory. You will be taught on how to remember names, passwords and large chunks of information.

Having a good memory is a boon especially if you are in the consulting line and managerial position. It gives you an edge over others who periodically need to refresh their memory with technological assistance.

## **Outline**

1. How your memory works
2. Types of memory
3. Level One: Visual Imagination system
4. practice and perfecting the system
5. Variants and application of Level One
6. Level Two: Creative sentencing
7. Level Three: Numerical Pegging system
8. Internalising and customizing the systems
9. Practice and perfecting
10. Application of mnemonics to everyday lives.

## **Note:**

This is a highly practical workshop and participants will be forced to participate and practice. The techniques require a bit of confidence which can only be achieved with practice.