

Develop and Improve Your Memory

 Top pick

DURATION
1 DAY

REGULAR FEE
510 \$

PREFERENTIAL FEE
460 \$

Objectives

To provide the knowledge and skills required to master the various factors that influence memory and thereby enhance your memorization skills.

Targeted audience

Any audience.

Prerequisite

None.

Content

- Types of memory (immediate, long term, procedural, etc.)
- Difficulties with memorization: sources and solutions
- A three-stage model of the process of memorization
- Memorization strategies
- The role of attention and concentration in memorization
- The importance of forgetting
- Selective memorization: efficiency and effectiveness
- Tips and tricks for developing and maintaining your memory
- The Forgetting Curve
- Sleep and memory: better sleep makes for better memory
- Stress and memory
- Individual and team exercises for practicing memorization techniques

Select the training date*

Quebec City	March 5 2020
Montreal	March 16 2020
Gatineau	March 30 2020
Montreal	September 10 2020
Quebec City	September 11 2020
Montreal	October 26 2020
Gatineau	November 2 2020

Accreditation and partners association



The PMI Registered Education Provider logo is a registered mark of the Project Management Institute, Inc.

6 PDU

440 René-Lévesque West Blvd, 5th Floor, Montreal (Quebec) H2Z 1V7

Phone: 514 380 0380 | toll free: 514 380 0380 (Mt) / 418 681 0865 (Qc) / 1 877 380 8228

<http://www.technologia.com/en/human-capital-and-management/personal-development/develop-and-improve-your-memory-part-1/>

Contact Us: formation@technologia.ca

© 2020 All rights reserved Groupe informatique Technologia inc.