

Develop and Improve Your Memory - Part 2

Objectives

To provide the knowledge and skills required to achieve an uncommonly effective memory by means of the best methods and advanced techniques of memorization.

Targeted audience

Any audience.

Prerequisite

[Develop and Improve Your Memory - Part 1](#) (Course CH179).

Content

- Autodiagnosing memory problems
- Part-time memory?
- Expert level mental pigeonholes
- Systems for remembering figures, and memorizing mathematical, economic, chemical and physical formulas
- Strategies for accelerating learning and processing information
- Map training and mnemotraining
- The six-second technique
- How to facilitate the learning of a foreign language
- Using memory to better handle stress
- Eliminating memory lapses: exercising short, medium and long-term memory
- Understanding and avoiding what causes memory failures
- Ten rules for success
- Mental fatigue, tips and techniques for getting back on track
- Advanced tools for developing an extraordinary memory
- Individual and team exercises for practicing memorization techniques

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<http://www.technologia.com/en/human-capital-and-management/personal-development/develop-and-improve-your-memory-part-2/>

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DURATION	REGULAR FEE	PREFERENTIAL FEE
1 DAY	510 \$	460 \$

DATES*

Gatineau	November 8 2019
Montreal	November 12 2019

Accreditation and partners association



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