



Brain Competence Workshop (BCW)

Essential Tools to Excel in the Information Age

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Trainer, Speaker & Author

This powerful program will give the participants all the necessary strategies they need to unleash the full potential of their brain power and gain a hidden advantage over others.

The Brain Competence Workshop will set you for a massive success in areas such as speed reading, Accelerated learning, Dynamic creativity and memory. This amazing workshop will show you a no-nonsense approach to boost your brain power thereby improving your productivity in your work life, whatever your position may be. Plus you'll walk out with a powerful Daily Action Plan to take your brain power to a whole new level.

Methodology:

The workshop comprises of written exercises, group exercises and activities specifically aimed at Internalization of all concepts taught. The trainer employs research-based powerful "accelerated learning methods" to make the most of the learning process. Apart from the most popular 'presentation-discussion' method, highly interactive group exercises are employed to bestow the benefits of synergistic learning to the participants.

Workshop Outline:

- Effective absorption of information from workshops, seminars and training programs
- Simple yet powerful techniques of recalling information at will
- Create powerful focus and concentration and improve performance at work
- Turbo-charge your brain to achieve peak mental performance
- Increase your reading speed phenomenally
- Powerful exercises to help you prevent memory loss and increase mental fitness
- 2000 year old memory technique that is still very hot and widely used by almost all the memory champions around the world
- Strategies on How to be on a "always-on-creativity" mode
- Taking advantage of the natural skills of the brain

Key Learning benefits:

- Understanding origin, scope and utility of Scientific Memory Systems
- Secrets to awaken the memory potential
- Steps to create impact while remembering any kind of information
- Powerful techniques to memorise any kind of information
- Understand the Brain dynamics
- Learn what inspires the brain to remember or forget
- Learn 3 most powerful techniques to remember the names of people
- Powerful Vocabulary building strategies
- How to remember statistical data, dates and numbers

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- How to remember lists of any kind (to-do, instructions, jokes etc)
- How to memorize speeches and key points of presentation
- Understand the mechanics of speed reading
- Become aware of the potential of the brain's super-reading ability
- Become aware of bad and good reading habits
- Getting the best out of every reading session
- Knowing what not to speed read
- Remember the "TOP 21" quick tips for effective reading
- Strategies and ideas for being mentally fit
- Strategies to train the brain to "tune in" and relax effortlessly
- Enhance concentration
- Improve comprehension

Some of the Applications in Work Life:

- Remember the contents of the training programs you attend in future effectively
- Grasp the information in staff meetings
- Remember speeches and presentations
- Maintain continuity of the presentation when interrupted by questions or distractions
- Reduce stress and become more effective by eliminating absented mindedness
- Remember to-do lists easily
- Remember SOPs
- Remember any kind of numbers including statistical data and dates
- Remember names of people and their personal information
- Become famous in your existing social/professional circles by using the memory techniques
- Save time in a big way
- Learn to warm-up your brain before each study session
- Learn a fun way to remember difficult words like scientific terminology and to Improve your vocabulary
- Learn a scientific way of what, when and how to revise
- A magic formula which will reduce the eyes' work
- Amazing tools which enhances your reading speed instantaneously
- Powerful ways to enhance concentration while reading
- Focus factors which helps pay more attention on the critical information
- Additional series of exercises that will help in increasing the eye span, reduce back tracking and enhance clustering
- And a host of other useful applications

Training Details

- Duration : 2 day 0900 to 0500 hrs
- No. of Participants : 25
- Venue :To be provided by your company
- Course Materials : One soft copy will be provided for printing and photocopying purpose

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