

Discover your amazing memory

A One-Day Workshop on Accelerated Learning



Session 1 – Introduction & Learning Techniques

- Overview of Accelerated Learning
- Mind Maps
- Peg Memory Systems

Break

Session 2 – Learning Techniques

- Story Systems
- Location Systems
- Multi-Sensory Learning
- Increasing Reading Speed
- Optimal Review Times

Lunch

Session 3 – State & Performance

- How State Affects Performance
- Anchoring a Confident State
- Music in Learning
- Creating the Optimal Environment

Session 4 – Achieving Your Learning Goals

- How to Set Goals
- Organising Your Learning Notes & Mind Maps
- Planning Your Revision