



# Corporate Coach Group

Training that transforms



## Accelerated Learning Training

Memory, mnemonics, mind mapping and creative thinking training

## Accelerated learning

### The purpose and benefits of the courses are as follows:

On this course you will learn how to:

- ✓ Make learning more fun and effective
- ✓ Use repetition to master skills
- ✓ Link new knowledge to what you already know
- ✓ Use your imagination as a memory aid
- ✓ Impose a definite structure
- ✓ Master the art of Mental Mapping
- ✓ Engage all your senses to make learning fun

### To develop the delegate's ability to:

1. Improve their learning, recall, thinking and memory skills by means of training in mnemonics.
2. To understand HOW people learn and remember (or forget!)
3. To understand how to use the imagination as a tool of creativity and memory.
4. How to use **association** as the method of creativity and memory.
5. How to put the theory into practice.
6. How to map ideas and put them into proper order.
7. How to improve note taking skills.
8. How to improve analytical skills.
9. How to improve creative problem solving skills.
10. How to do all this on paper, or on a computer.

## Morning Session - Memory = Mnemonics

### A key distinction

There are three levels of learning:

1. Understanding
2. Memory
3. Utilisation

### Our model for memory: R.A.I.S.E.

### Our model for more effective learning

#### RAISE your game:

1. **R**- repetition
2. **A**- association
3. **I**- imagination
4. **S**- structure
5. **E**-engagement

#### 1. Repetition is the mother of skill

- Repetition is the mother of skill.
- Repetition is the mother of skill.
- Does the information go "in one ear and out the other?"
- Or does information stick in the mind?

#### 2. Association

Memory can be seen as: The art of associating what you **NEED** to know, to what you **ALREADY** know.

Memory uses the associative power of the mind to make links between what you need to remember and what you already know.

Exercises: games and exercises where you learn by doing.

The art of associating what you **NEED** to know, to what you **ALREADY** know.

### **3. Imagination**

Your imagination is the motor of your memory.  
You use your imagination to create vivid links.

#### **Four types of image-association:**

1. Visual images
2. Words, slogans and catch phrases
3. Physical movements and actions
4. And others; scent, smells and emotions

The method of using your imagination as the GLUE that permanently bonds the information to your brain.

### **4. Structure**

Nature loves branching structures.  
So structure your message like a tree:

#### **The Tree of Knowledge**

Key point: Knowledge is (*or should be*) hierarchical

1. Fundamentals
2. Major themes
3. Minor themes
4. Details

The need to impose order on mental chaos.

### **5. Engagement**

Your learning sessions need to be engaging.

Question: How could you make your learning sessions more engaging?

### **The art of visual ICONS**

We all think in pictures.

A large part of the memory is visual.

The creation of visual images.

### **Creating other icons**

Slogans and catch phrases.

Physical actions can aid the memory recall.

### **1. The method of LOCCI**

- 1) Explanation.
- 2) Demonstration.
- 3) Practice.

### **2. Number rhyme**

- 1) Explanation.
- 2) Demonstration.
- 3) Practice.

### **3. Body list**

- 1) Explanation.
- 2) Demonstration.
- 3) Practice.

### **More examples**

To test the ideas in practice.

### **Practice sessions**

For you to learn by doing.

### **Summary of morning session.**

## **Afternoon Session - Structure = Mapping**

### **Key point: Nature loves branching structures**

So structure your message.  
Structure it like a tree.

### **Key point: Knowledge is (*or should be*) hierarchical**

- Fundamentals ideas.
- Major themes.
- Minor themes.
- Details.

## **Mental Mapping gives your ideas the needed structure**

### **Three kinds of mental mapping**

1. Questioning type - drawing knowledge out, by asking questions.
2. Categorical type mind mapping - organising knowledge into a usable form.
3. Creative type problem solving.

### **Practice sessions**

For you to learn by doing.

### **Method for clear thinking, speech and writing**

How mapping will improve your writing skills.

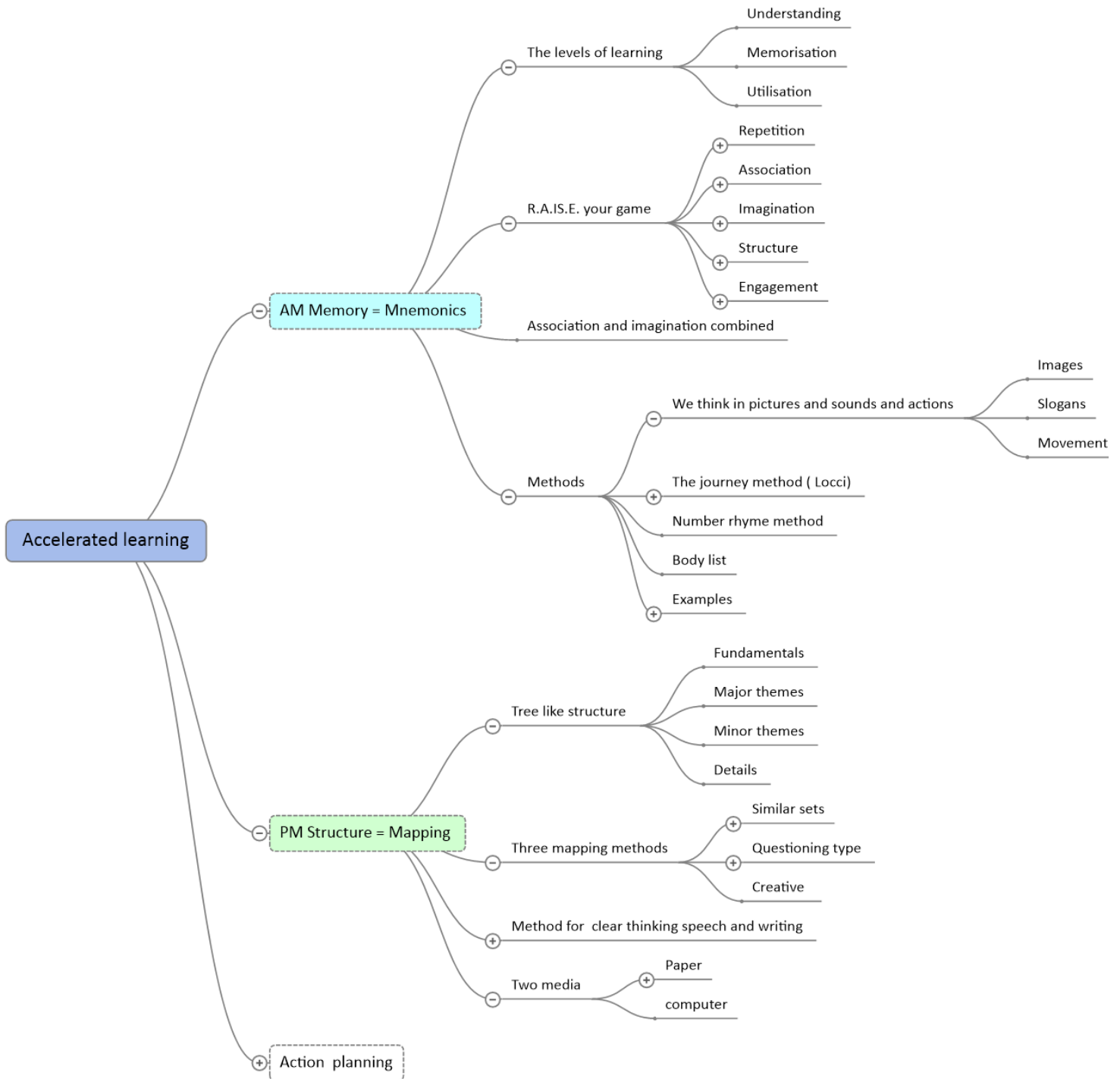
### **Media for mental mapping**

1. On paper.
2. On computer.
3. With words.
4. With pictures.

### **Practice sessions**

For you to learn by doing.

## **Action planning and close**



## **The method of training is as follows:**

### **The training is to be:**

- Delivered in an enthusiastic and interesting way that will involve all the delegates.
- Whilst being consistent with the plan, the training must be flexible and responsive to the needs of the individual delegate group.
- Highly practical, structured and organized.

### **The training method follows this general pattern:**

1. The trainer, gives a clear explanation of the point in question.
2. Then the trainer demonstrates the principle and gives specific examples.
3. Then, the delegates practice by doing an exercise with each other.
4. The delegates practice by doing an exercise with the trainer.
5. All points are supported with full written notes to take away.
6. Delegates are asked to write down an associated action, for each point made.
7. (At the end of the day, we have about twenty such actions, from which the delegates choose six which are the most personally meaningful).



**What are the costs / investments?**

**In-house training course (UK)**

Daily rate is £1,850 + VAT for up to 20 delegates.

Plus £80 for each additional delegate over 20.

B&B for trainer the night before the training (*Premier inn type: not the Hilton!*)

**The training days are inclusive of:**

- Full days training
- Full course notes
- Written action plan to take away
- Access to our post course portal
- Plus three months FREE telephone coaching to answer any on-going questions

**Plus free telephone coaching!**

To answer any on-going questions, you will also receive email and telephone support from your trainer after you have attended the course.

**We suggest the following plan of action:**

You please send to me:

1. Any amendments or changes you wish to make to the programme
2. Your thoughts
3. The plan of action

***Thank you***

Corporate Coach Training Ltd  
Walcot House  
Parton Road  
Churchdown  
Gloucestershire  
GL3 2JJ

Email: [Lindsey@CorporateCoachGroup.com](mailto:Lindsey@CorporateCoachGroup.com)

Tel: +44 (0)1452 - 856091

## A word from our previous delegates...

Course content was extremely interesting and very useful, particularly the morning session. The trainer's presentation was very good. Clearly knows the subjects inside out and kept the classes attention throughout.

*Delegate: Dick Howard  
Company: RAF Wittering*

Course content was excellent. There was enough detail to back each of the new practises. The trainer's kept the day moving along without rushing, which allowed me to assimilate the new knowledge.

*Delegate: John Pillips  
Company: RAF Wittering*

"Thanks Chris, you changed my life!" Honestly, I thought I knew most of it already, but I've learned a lot more. The trainer's presentation: Very good, good communication (physical and verbal) and always looking at everyone which is important!

*Delegate: Samir Ammali  
Company: United Print*

The course I found very interesting, using models that I was not familiar with, different thought processes. The presentation was very professional, informative and interesting.

*Delegate: J Dickinson  
Company: Riomay*

The course content was very useful, exactly what I was looking for. Encouraged thought and methods to take back to the work place. The trainer's presentation was very clear, Chris not only delivers the training but stands behind his methods and believes in the content.

*Delegate: T Stuchfiled  
Company: Primecare UK*

The course content was very good, informative and positive. No "Dull Moments". The trainer's presentation was good – Well presented.

*Delegate: S Bent  
Company: B+V Water Treatment*

The course was excellent. Interesting, thought provoking, very useable. I have already put different aspects of the course into practice. The trainer's presentation was Excellent. Thoroughly enjoyed each session and would like to come back for a refresher course. Very motivating and a very inspiring person.

*Delegate: K Hogarty-Hingsto  
Company: Hartpury College*

The course was very informative, with lots of thought provoking questions to think on after. The trainer's presentation was well produced and slick NO excess content.

*Delegate: B Pain-Tolin  
Company: BTCV*

The course was very very good. The course was well structured and has provided me with an opportunity to reflect on how I can improve further in my role. The trainer's was very focused, kept the course moving, related well to the group. Created non-threatening environment.

*Delegate: M Ridout  
Company: Sparsholt College Hampshire*

The course content was very good, quick win early on kept my interest piqued. The presentation was very good, inspiring and animated.

*Delegate: K Rhodes  
Company: RAF Wittering*

The course content was informative and well-constructed. The trainer presented very clearly and effectively. The presentation was very enjoyable.

*Delegate: N Yemm  
Company: Hulley & Kirkwood Consulting Engineers*

The course content was great, really visual. The trainer's presentation had lots of great detail and stories to illustrate each point.

*Delegate: M Painter  
Company: Lloyds Banking Group*

I really enjoyed the breadth of what was covered today. The trainer's presentation was very good and clear.

*Delegate: S Windridge  
Company: Prudential UK*

The course content: Interesting and very broad content. We covered a lot of subject matter during the course. The trainer's presentation was excellent, very clear and concise. Interesting and charismatic.

*Delegate: E Inegbu  
Company: Prudential UK*

Excellent course that helped to bring new insight and reinforce and bring back concepts from many years ago. The trainer's presentation was upbeat, positive and inspiring.

*Delegate: M Judson  
Company: JSP Ltd*

The course content was comprehensive, eye-opening and informative. Excellent presentation, kept interest up and made the course come to life. Good real-world examples to inspire and inform.

*Delegate: J Gibson  
Company: Fuji Film*

The course content was very detailed and interesting. The trainer's presentation was good, with time for re-caps and questions.

*Delegate: R Graham  
Company: RAF Wittering*

The course content was interesting, could be applied in business environment but also in general life. I like the wrong box / right box! The presentation was very dynamic and directive. Knowledgeable. Good use of examples which helps.

*Delegate: S Chou  
Company: JSPMLtd*

The course content was excellent, extremely useful tools which I shall use with both students and staff. The presentation was very good, Right mix of talk, discussion and activity.

*Delegate: J Noble  
Company: The Sittingbourne Community College*

For additional feedback, video testimonials and list of companies that have benefited from our training programmes please [follow this link](#)