



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.

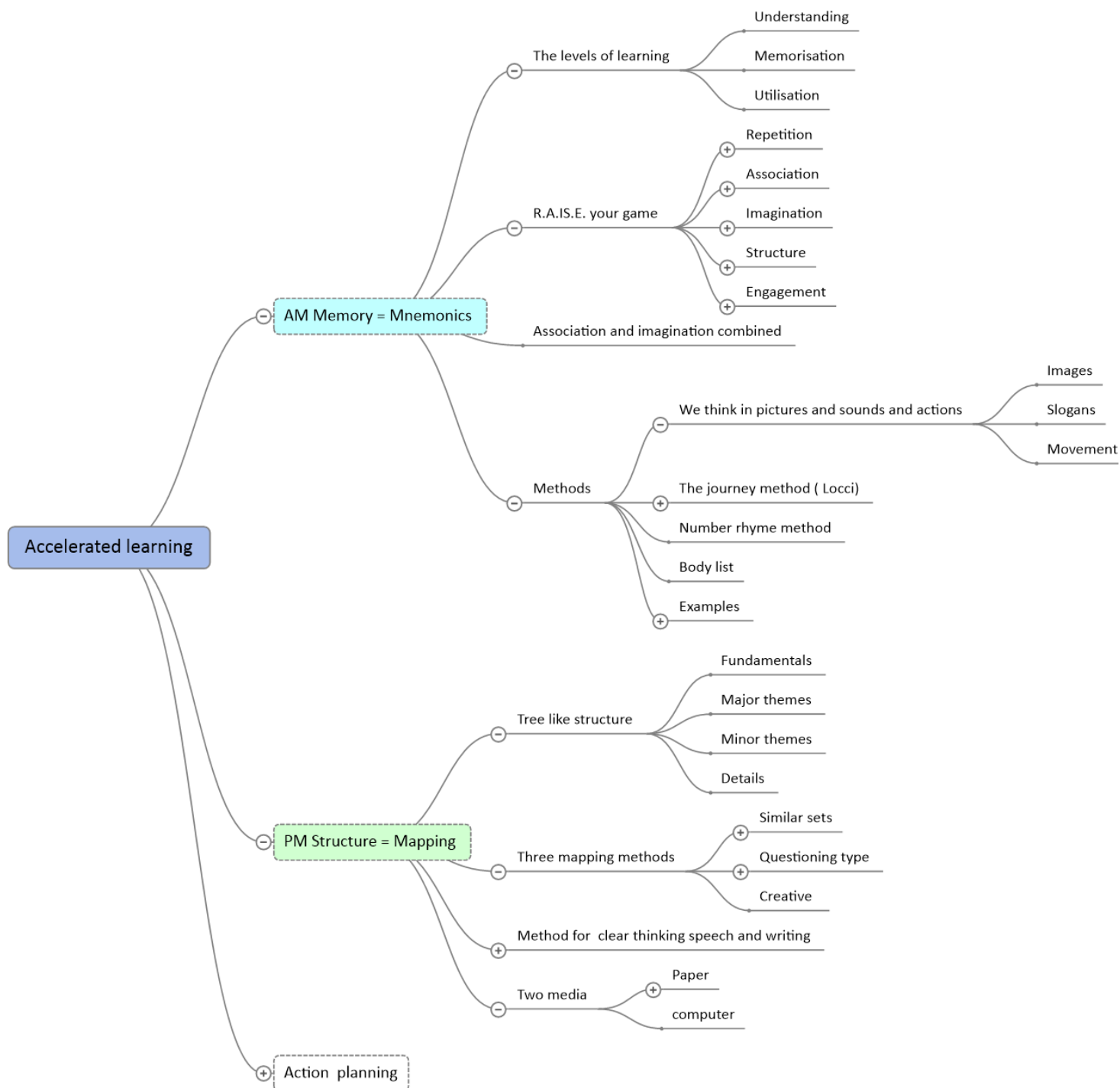
Media for mental mapping

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 £1,950 + 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
- 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

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*

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