



Mastering Your Memory

DESCRIPTION

The human brain possesses an incredible amount of power to store and recall information. Unfortunately, most people are never taught how to fully access this ability. In this fun and highly engaging training, attendees will learn unique and exciting methods to increase their memory skills to extraordinary levels. Most importantly, this program teaches participants how to *use* these concepts in daily life. Instantly recalling people's names, giving presentations without notes, increased focus, and improved mental organization are just a few of the practical benefits of this intriguing program. Tyler delivers this session in energetic fashion with no notes or PowerPoint to encourage maximum audience participation in order to impart as much value as possible to all who attend.

LEARNING OBJECTIVES

- Learn 3 actionable techniques to instantly recall names
- Increase overall memory skills
- Discover new methods to recall lists in order
- Lead meetings and give presentations without notes
- Discover 4 habits to improve cognitive function and focus

ADVANTAGES

- Targets all audience levels
- Best as 60-90 minute presentation or full-day workshop
- No A/V needs

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