

## The Hidden Advantage Workshop

### 1 Day In-House Speed Reading/Memory Course

**Invest just 1 day and discover how to read faster, remember more and tackle information overload.** In this fun and interactive workshop, you'll be introduced to the brain-friendly techniques used by business people all over the planet to save time, boost their reading speed, improve their memory and achieve more each day.

**Workshop designed and delivered by Australian Memory Record Breaker Chris Lyons who in 2006 correctly recited Pi to 4,400 places without error.**

*Chris has appeared on The Today Show, A Current Affair, Today Tonight and demonstrated how effective these techniques can be on radio stations all around Australia. In 2008 Chris won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.*

#### Purpose Of Workshop

- To give you a rapid introduction to the most effective speed reading and memory techniques
- To show you how to combine these techniques to improve your memory, double your reading speed and tackle information overload
- To provide you with a simple framework to help you apply and practise your new speed reading and memory skills

#### What You'll Learn

- **Speed reading** - how well do you currently read and what's possible?
- Why most people read below their potential and with poor comprehension
- 4 key techniques to increase your reading speed, comprehension and recall
- How to quickly double your reading speed through effective practice
- How to remember more of what you read using the BDA approach
- How and when to make notes to maximise comprehension, retention and recall
- Plus how to use effective note-taking to prepare reports in a fraction of the time
- Reading strategies for different materials and purposes
- Common reading traps and how to avoid them

*Continued overleaf...*

- **Memory skills** - beliefs, myths and your true potential
- The real reason we forget things and why this is good news
- The simple 3 step approach to remembering people's names
- Plus how to use the 80:20 rule to get good at remembering names, quickly
- How to give great presentations without referring to notes even once
- Plus how to use the GO method to slash the time needed to prepare presentations
- How to remember numbers, facts and other key business information
- How to get information into your long-term memory for instant recall
- Tips and techniques used by memory champions to perform record-breaking feats

### Delivery Format

- 1 day workshop delivered at your offices or chosen venue
- Includes access after the course to The Hidden Advantage Online Follow-up Program which gives attendees an easy and effective way to practise what they learn during the workshop
- Ideal group size up to 12 people, though can also be delivered to larger groups

### Presenter

- Workshop delivered by Australian Memory Record Breaker Chris Lyons. An experienced trainer and facilitator, Chris also has over 10 years' commercial experience gained in senior management roles in large Australian and UK companies before starting to design and deliver Gloop training programs in 2004

### How Much?

Pricing varies depending upon the training location, the number of participants and the number of workshops booked. We also run specials from time to time. Please contact us for pricing details.

## Interested?

*Simply visit...*

<http://www.gloop.com.au/THAW.html>

*...and submit the 60 second enquiry form.*

We'll then contact you within 24 business hours to find out a little more about you and your organisation and to discuss your preferred workshop dates.

Or if you prefer, you can contact us directly on **02 9089 8892**.

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**Did you know?** We've now been running this course for over 10 years and we've never had a single customer complaint or refund request, not one. Because Gloop training is fun, fast-paced and effective. But don't just take our word for it. Here's just a small selection of comments from people who've attended our workshops...

"Terrific workshop, the impact of the speed reading section alone will be immense in my career."

**Chris Hughes, Assistant Manager Funding, Bendigo Adelaide Bank**

"This was an absolutely brilliant course. It has been one of the most interesting and useful courses I have ever done. Learning how to quickly remember names will help me a great deal in business."

**Matt Zwolenski, Presales Manager, EMC**

"Absolutely loved today, thank you. I feel my staff (not to mention myself) got tremendous benefit. We would like to work with you further."

**Shani Ford, General Manager, Hill Rogers**

"Outstanding course. Excellent content and delivery."

**Kevin Dearlove, Director, McGrath Real Estate**

"Very useful practical techniques for an essential life skill for any successful executive."

**Mitchell Taylor, Managing Director, Taylors Wines**

"These tools should be the foundation of our education. A fun filled day which will genuinely save time and assist me in finding that elusive work-life balance."

**Kate Melrose, Global Manager Strategic Marketing, Lend Lease**

"Very engaging, knowledgeable and entertaining. Thank you Chris for making a difference to the lives of everyone in the room myself included."

**Dean Willemsen, CEO, DNW Group**

"Awesome. Great stuff to use in everyday life and during work hours."

**James Ordish, AFP HQ Canberra**

"The memory sessions were brilliant and I have since used one of the techniques to present a one hour training session without notes - a feat I would never have thought possible before this workshop."

**Glen Frost, Partner, PricewaterhouseCoopers**

"Well rounded day that develops areas traditional business courses don't touch."

**Andrew Randall, Finance Manager, SP Ausnet**

"The presentation was one of the best I've been to - and I have been to a few! Very enjoyable, using fun to educate. Inclusive, brilliant presenter."

**Pauline Lonel, Royal District Nursing Service**

**Interested?** Then call us on 02 9089 8892 or visit <http://www.gloop.com.au/THAW.html>.