

## Memory Improvement/Speed Reading Private Personal Coaching Program

**Invest just 1 day and discover how to read faster, remember more and tackle information overload.** In this fun and fast-paced program, 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.

**Program 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 memory 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 Program

- To give you a rapid and effective introduction to Memory, Speed Reading and Mapping techniques
- To show you how to apply these techniques in day-to-day situations to save time and get better results
- To provide you with a simple framework to help you apply and practise your new found skills

### What You'll Learn

- **Your Memory** - beliefs, myths and your true potential
- The real reason we forget things - and why this is good news
- The 3 step approach to remembering people's names
- How to build a powerful 'Visual Vocabulary' for names
- How to remember numbers, facts and other key information
- How to give great presentations without referring to notes even once
- How to get information into your long-term memory for instant recall
- **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, focus and comprehension
- How to quickly double your reading speed through effective practice
- Reading strategies for different materials and purposes
- How to remember more of what you read using the BDA approach

*Continued overleaf...*

- **What Is Mapping** and why is it such a versatile business tool?
- How to use Mapping to prepare reports in a fraction of the time
- How to use Mapping techniques to run effective meetings
- How to use the GO method to slash the time needed to prepare presentations
- How to get started with Mapping at work

### Who Will Coach Me?

This Memory Improvement/Speed Reading Program is delivered personally by Chris Lyons who doubled the Australian Memory Record by reciting Pi to 4,400 places without error and won the Australian Memory Championships Names competition by correctly memorising 46 people's names in just 5 minutes.

Chris has appeared on The Today Show, A Current Affair, Today Tonight and has demonstrated how effective memory techniques can be on radio stations all around Australia including 2UE, 2GB, 3AW and the ABC.

"Doubled my reading speed in a very short time. Simple processes, easy to remember."

**Mark Elworthy, Director, Merrill Lynch**

"Really enjoyed the program. I have a toolkit to take away to further develop my ability to remember things especially names, increase my reading speed and structure presentations in a more effective manner."

**Tracey Beckham, National HR Manager, K.W.Doggett**

"Incredibly impressive. Totally intrigued by Chris's ability to use simple strategies to solve a complex problem!"

**John Georgiou, CEO, Georgiou Group**

"A great informative program to help unlock the true potential of your mind and reap the rewards!"

**Grant Robertson, Pilot, Gosford**

"Excellent simple techniques. Amazing improvement in 1 day. Incredible."

**Justin Ezard, Manager, PKF Chartered Accounting**

"I took part in this one-to-one program with Chris and thoroughly enjoyed it. Chris taught me some very useful techniques to enhance my memory and reading speed, and they are a lot of fun!"

**Kee Li, Community Engagement Officer, City Of Sydney**

## Frequently Asked Questions

Before you register below for your Gloop Personal Coaching Program, here are the answers to some commonly-asked questions.

### 1. How Is The Memory Improvement/Speed Reading Program Structured?

For your convenience, you can choose between two delivery options each of which covers the same material, whether done Online or Face-To-Face:

- **OPTION A: 1 Day Program.** Delivered in x1 day, usually from 0930 to 1630 or from 1000 to 1700. Perfect if you want to cover all the material in the shortest possible time and in just one go.
- **OPTION B: 2 Session Program.** Delivered in x2 3.5 hour sessions, ideally one week apart.

With both options, the Program is broken up in to a number of short modules each of which covers one or several key strategies or techniques. These progressively build on each other and regular short breaks are taken to maintain attention and focus. In this way, it is possible to easily absorb and learn the techniques covered whether done in one go or over a number of shorter, separate sessions.

**1 Day Program Discount:** *As less preparation time is required when the program is done all in one go a \$100 discount applies to the 1 Day Program option.*

### 2. When Do The Sessions Take Place?

Available all year round and at a time to suit you, this combined Memory/Speed Reading Program can be taken on weekdays, Saturdays or selected Sundays. Face-To-Face sessions at Gloop in Sydney take place during the daytime. Online sessions take place during the daytime plus are also available on selected weekday evenings

### 3. Where Do The Face-To-Face Sessions Take Place?

Face-To-Face sessions take place in Balmain in Sydney's Inner West which is 5km or 10 minutes from Sydney CBD. Face-To-Face sessions take place during the daytime. Alternatively, Coaching Programs can also be delivered at your home or place of work within the Sydney metropolitan area at no extra charge if done in one session. Not in Sydney or prefer not to travel? You can also take this course as an Online Program from the comfort and convenience of your home, see next two questions for details.

#### **4. How Does The Online Program Option Work?**

For Online Programs we use a web-based training delivery platform which enables us to share video and audio in real time. So it is similar to a Face-To-Face session just done via computer or tablet and over the internet. The platform also allows us to share documents and you are able to view the supporting PowerPoints we use as we progress through the training. For Online Programs you simply need broadband internet access plus a computer or tablet with webcam and microphone.

#### **5. Is There Any Difference Between The Online And Face-To-Face Programs?**

Both options are live, one to one training and cover exactly the same ideas, techniques and content. Some people prefer to learn Face-To-Face in the same room and so this is a good choice if you are based in (or can travel to) Sydney. Online Programs offer more flexibility in terms of scheduling and can also save on travel time and costs. Both options work well, cover the same material and achieve the same results.

#### **6. How Much Does The Coaching Program Cost?**

The Hidden Advantage Memory Improvement/Speed Reading Coaching Program taken as a 2 session option costs \$995 including GST, whether done Online or Face-To-Face. As less preparation time is required when the Coaching Program is done all in one go, a \$100 discount applies to the 1 Day Option which costs \$895 including GST.

If you are interested in the program but it is beyond your budget, you can reduce the cost by taking the program with a friend, family member or colleague - see the next question. Another option is to consider attending the Public Workshop version of this program. For details please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

#### **7. I Think Some Of My Friends Or Colleagues Would Also Benefit From This Coaching Program. Is It Possible To Take The Program With Someone Else?**

Yes, you can take this Coaching Program with up to 2 additional people at the same time. The cost for each additional person is \$200 including GST. So if you take the 1 Day Program with a friend or colleague the total cost is \$895 + \$200 = \$1095, equivalent to less than \$550 each - a saving of almost \$350 per person.

#### **8. Is This Program Suitable For Students?**

Learning how to study effectively is crucial to academic success. For this reason, we offer separate Coaching Programs specifically tailored to the needs of students...

- Essential Study Skills For High School Students
- Essential Study Skills For University Students

For high school students we also run a special **Essential Study Skills 1 Day Workshop** at various times throughout the year in Melbourne, Sydney, Brisbane and Canberra. For details please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

### 9. I'd Prefer To Attend A Public Course. Where And When Are The Next Ones?

Our next Memory Skills/Speed Reading Public Workshops are taking place shortly in Melbourne, Sydney, Canberra and Brisbane. For details please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

### 10. I Work For An Organisation. Can You Deliver This Program At Our Offices?

Yes. For details please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

## Interested?

*Simply visit...*

<http://www.gloo.com.au/MISRP.html>

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

We'll then contact you within 24 business hours for a quick chat to check that the Program is right for you and to discuss your preferred coaching times.

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

**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. Just exceptional feedback.

"Chris, your ability to teach and communicate was great. I felt engaged and focused throughout. I'd certainly recommend your course to others - students and professionals alike."

**Mariana Zafeirakopoulos, Consultant**

"A wonderful program. I flew down for each session and it was worth every cent. Chris has a very practical approach to turning theory into sensible ways to use this knowledge in the business world."

**Jeff Scicluna, IT Consultant, Macquarie Bank**

"One on one coaching with Chris gave me the ability to take in a lot of technical information. It was an investment in my brain and my future."

**Stephen Hepworth, Future IT Specialist, Sydney**

"My reading speed more than doubled after just one session. I always had a strong memory but Chris's techniques have improved it even further. Well worth it."

**John Havas, Manager Risk and Compliance, Commonwealth Bank**