

# Improve Your Memory, Quickly!

## 1 To 1 Memory Improvement Program

**A good memory is critical to your success in all aspects of your life.** From remembering the names of the people you meet. To learning new information and skills. To studying for and passing professional exams. To giving great presentations confidently and without notes. Yet few people have ever been shown how to tap into the incredible power of their memory.

Learn how to quickly improve memory and recall in this fun and fast-paced Private Program. Discover how to apply more of your natural memory skills to everyday business and social situations to boost your productivity, stand out from the crowd and be remembered.

**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 introduction to the most effective Memory Techniques
- To show you how to apply memory techniques in common business and social situations to save time, impress others and get better results
- To provide you with a simple framework to help you apply and practise your new Memory Skills

### What You'll Learn

- **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
- How to remember facts, figures 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 amazing feats

*Continued overleaf...*

## Who Will Coach Me?

This Memory Improvement 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.

## Frequently Asked Questions

Before you register below for your Gloop 1 To 1 Program, here are the answers to some commonly-asked questions.

### 1. How Is The Program Structured?

For your convenience, you can choose between two delivery options both of which cover the same material, whether done online or face-to-face:

- **OPTION A: Half Day Program.** Delivered in x1 four hour session, either a morning or an afternoon. 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 two hour sessions one week apart. Ideal if you find two shorter, separate coaching sessions more convenient.

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, which progressively build on each other through the course of the training. The material is delivered in a fun, relaxed and humorous fashion to ensure maximum engagement and retention. Regular short breaks are also taken to maintain attention and focus. In this way, it is possible to easily absorb and learn the techniques covered whether done in x1 four hour session or over x2 separate two hour sessions.

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

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

Available all year round and at a time to suit you, this memory improvement 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. 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 training as an Online Program from the comfort and convenience of your home or office, see next two questions for details.

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#### **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 Improve Your Memory Program Cost?**

The memory improvement program costs \$595 including GST based on x2 two hour sessions one week apart, whether done online or face-to-face. If the program is done in one half day session of 4 hours, less preparation time is required and the cost is \$100 lower, \$495 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.

#### **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 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 half day program with a friend or colleague the total cost is \$495 + \$200 = \$695 or under \$350 each - a saving of c\$150 per person.

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

The ability to learn and memorise study information is key to academic success. In fact, improving memory and recall is so important for students that we offer separate 1 to 1 programs specifically tailored to their needs...

- <https://gloo.link/1-to-1-high-school-study-skills-program>
- <https://gloo.link/1-to-1-university-study-skills-program>

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 <https://gloo.link/study-skills-course> or call us on 02 9089 8892.

*Continued overleaf...*

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

Our next Memory/Speed Reading Public Courses are taking place shortly in Melbourne, Sydney, Canberra and Brisbane. For details visit <https://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 call us on 02 9089 8892.

### Interested?

*Simply visit...*

<https://gloo.link/1-to-1-memory-program>

*...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 courses for 15 years and we've never had a single customer complaint or refund request, not one. Just exceptional feedback.

"Really enjoyed the program. I appreciated the fact that you were prepared to modify the program to meet my specific needs. I instantly saw how the program works and saw improvement straight away."

**Nigel Shipperlee, Fire Fighter, Melbourne**

"The Gloop personal coaching program has changed my life! One of the biggest stressors for me has been learning long scripts - usually a week to learn - however with memory techniques I now can learn a long new script in one day! I highly recommend Gloop to anyone wanting to improve memory, productivity and lower stress and worry. 11/10. Thanks!"

**Mark Mayer, Magician**

"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**

"The memory sessions were brilliant and I have since used one of the techniques to present a 1 hour training session without notes."

**Glen Frost, Partner, PricewaterhouseCoopers**

"A really great way to develop and improve your memory skills."

**Dr Michael Best, GP Melbourne**

**Interested?** Please visit <https://gloo.link/1-to-1-memory-program>.