

# The Hidden Advantage Coaching Program

## 1 To 1 Speed Reading/Memory Skills Program

**Discover how to read faster, remember more and tackle information overload** in this combined Speed Reading and Memory Improvement Program. Learn simple, practical techniques for improving your memory, doubling your reading speed and achieving 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 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 Program

- 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

## Who Will Coach Me?

**This Speed Reading/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 each of which covers the same material:

- **OPTION A: 1 Day Program.** Delivered in one day, usually from 9am to 4.30pm. 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 two 4 hour sessions, ideally one week apart.

With both options, the program is broken up into 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.

### 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 and selected Sundays. Sessions take place during the daytime and are also available on selected weekday evenings.

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### 3. Where Do The 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. Alternatively, 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? This Program can also be done from the comfort and convenience of your home via Zoom.

### 4. How Do The Online Sessions Work?

For Gloo Online Programs we use Zoom a web-based platform which runs in any web browser and on any device, which means you simply need a computer or tablet with a webcam and microphone and a broadband internet connection in order to take part. It is also possible to attend using a smart phone.

### 5. How Much Does The Program Cost?

The Hidden Advantage Speed Reading/Memory Improvement Program 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 family member, friend or colleague. See then next question for details.

### 6. 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.

### 7. 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...

- <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 Online Workshop**. For details visit <https://gloo.link/study-skills-course> or call us on 02 9089 8892.

### 8. I'd Prefer To Attend A Group Course. When Are The Next Ones?

We regularly run this program as an online small group public course open to all, a cheaper option to a private program. For dates and to find out more visit <https://gloo.com.au>.

### 9. I Work For An Organisation. Can You Deliver This Program For Our Team?

Yes, it can be delivered in-house for teams. For details please call us on 02 7229 4920.

#### Interested?

Simply visit...

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

...and submit the 60 second enquiry form. We'll then contact you within 24 hours to check that the program is right for you and to discuss your preferred times.

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**Did you know?** We've now been running this course for 19 years and we've never had a single customer complaint or refund request, not one. Just exceptional feedback.

"Chris is a master at his craft of memory techniques, speed reading and presentation skills. My reading doubled in speed after just one hour of coaching with him."

**Tony Cosentino, Creator Of Change, Peak Performance Coach**

"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, IT Specialist, Sydney**

"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**

"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**

"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**

"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**

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

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

**Interested?** Visit <https://gloo.link/1-to-1-memory-speed-reading-program>.