

## 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 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.*

*Chris also 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 live and in person 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:

- **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.

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

### 3. Where Do The Sessions Take Place?

Face-to-face sessions take place in Rozelle in Sydney's Inner West or at Gloop in North Lismore. Alternatively, programs can also be delivered at your home or place of work within the Sydney metropolitan and Lismore areas at no extra charge, if done in one session. Not in Sydney/Lismore or prefer not to travel? The Program can also be done from the comfort and convenience of your home using Zoom.

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

For Gloop Online Programs we use Zoom which runs in any web browser and on any device. The week prior to your program we will send you a Zoom link to access your Online Program, together with the program handouts in one easy-to-print PDF document.

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## 5. How Much Does The Improve Your Memory Program Cost?

The Memory Improvement Private Program costs \$595 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 the next question.

## 6. 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.

## 7. 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...

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

For high school students we also run a special Small Group Essential Study Skills Course regularly throughout the year. For details please visit <https://gloo.link/study-skills-course>.

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

We regularly run small group public memory and speed reading courses open to all, a cheaper option to a private program. For upcoming dates and to find out more please 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 either face-to-face or online. For details please call us on 02 7229 4920.

### 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.

*Continued overleaf...*

**Did you know?** We've now been running memory courses for 21 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://gloop.link/1-to-1-memory-program>.