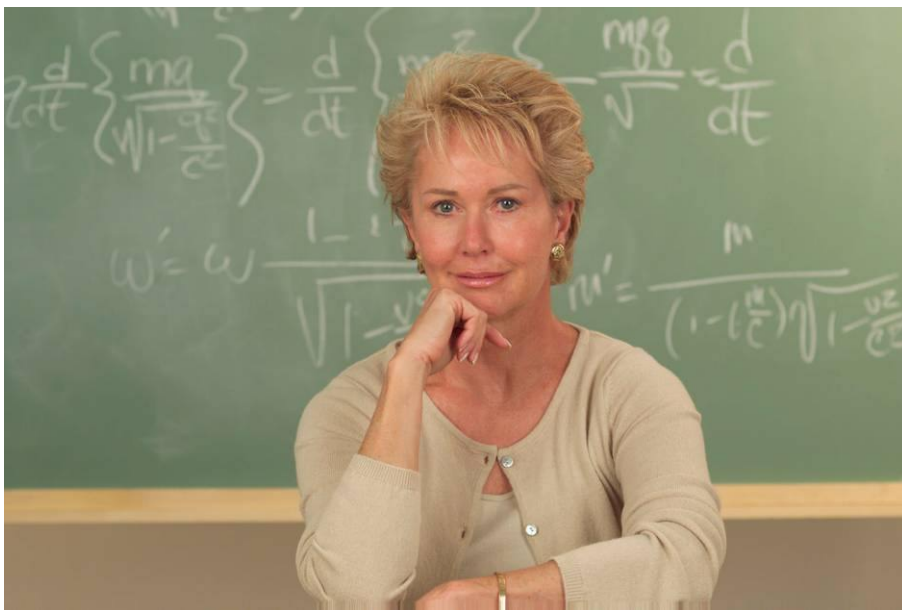


Memory Power

Proven Techniques to Improve Your Memory



An unforgettable 2-day workshop that will
unleash your brain's capacity
and let you to tap into your perfect memory
whenever you want it

Ephod Consulting Associates Pte. Ltd. and
Master Trainers Academy
The leading organisation development consultancy
www.ephodconsulting.com

Benefits of Workshop

- Double your current memory capacity.
- Remember perfectly a list of objects within minutes.
- Remember names, numbers, dates, speeches and more.
- Expand your memory and IQ and achieve greater success in life.

Workshop Outline

Memory and the Brain

- How the Mind Stores and Recalls Memory
- The Unlimited Brain
- Long Term vs Short Term Memory

Memory – Principles and Techniques

- Basic Rules for Remembering
- Organizing Techniques
- Visualizing Techniques
- Mnemonics

Memory Systems

- Mind Mapping
- The Major System
- SEM³

Memory Genus

- Speeches
- Numbers
- Grocery List
- Passwords
- Pins
- Names and Faces
- Important Dates



For Whom

For anyone who wants to remember more and for a longer period of time.

Course Methodology

The workshop will incorporate lecturettes, exercises, games, and group discussions. Experiential activities will also be designed to allow participants to understand the concepts and skills taught.

Duration: 2 days (or 1 day shorter workshop).

In-Company Workshops

Ephod can provide this workshop in a tailored format for your company onsite or offsite.

Over 100 companies have attended Ephod workshops including Intel, Microsoft, Reuters, SSMC, Philips, Sony-Ericsson, Air Products, Hewlett Packard, Singapore Press Holdings, ZF SEA, AC Nielsen, Surbana Consultants, MediaCorp, VOPAK, GELife, New Toyo International, AIA, Prudential, Avex Electronics, Singapore Yellow Pages, Jebsen & Jessen, Prime Minister's Office Singapore MRT, Singapore Power, Min of Environment, Ngee Ann Polytechnic, Singapore Polytechnic, National Library Board, Infocomm Development Authority, Mindef Centre for Mgt Devt, Min of Community Devt and Sports, Min. of Education, Min. of Manpower

About Ephod Consulting Associates Pte Ltd

Since 1996, Ephod has established itself as a premier organisation change and consulting company. It has serviced client throughout Singapore and the Asia Pacific region.

Address: Level 30 Six Battery Road
Singapore 049909

Tel: (65) 6320 8456

Fax: (65) 6233 9185

Tel: (65) 6320 8456

Web: www.ephodconsulting.com