

5 Proven Steps to better FOCUS, WORKING MEMORY

& EFFICIENT TIME MANAGEMENT

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➤ 1 PROFILE

- GET PROFILED - Determine preferred styles visual auditory kinesthetic
- Benchmark clinical WAIS working memory [miller magic number seven]

➤ 2 ENROLL IN A NLP SHORT COURSE FOR LEARNING

- Flexibility & individualisation are key
- Drill down into the modalities and sub modalities of the 3 distinct learning styles

➤ 3 MEMORY SKILLS

- 6 FORMAL MEMORY TECHNIQUES [USED FOR]

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VISUAL

- NUMBER SHAPE - remembering list [upto 10] -
 - 10 exam subtopics , cramming
 - 10 key points : presentation or meeting
 - 10 key points : internalize articles .
- PHONETICS - INTERNALIZING NUMBERS AND DATES + INFINITE LISTS
- THE JOURNEY - SEQUENCING & card counting
- LOCI - [internalizing complex non linear content]

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AUDITORY

- MNEMONICS first letter triggers [ex economics BRICS / PIIGS]
- CHAINS - complex lists -

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➤ 4 READING STRATEGIES

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- LEARN HOW TO CONCEPT /MIND MAPS - TEACHES EFFECTIVE READING STRATEGY
- IMAGERY help you FOCUS - INGENUITY [ability to connect] helps you REMEMBER
- CONVERSION - changing modalities - creating interconnected ideograms

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➤ 5 INVEST IN CLINICAL BRAIN TRAINING SOFTWARE -

- Talk is cheap - empirically based and robust - take the test - prove us wrong or prove us right
- While Nintendo Brain training is somewhat controversial , there is no doubt of the tremendous long term value that training and a little know-how has on powers of concentration & memory [transferable skills] , no credible academic study will dispute this fact , the best part you will see dramatic improvements in just a few few days that will last a lifetime ,
- INSTANT FEEDBACK - INSTANT feedback creates positive feedback loops , reinforcing good habits , accelerating learning
- GAMIFICATION - Apply theory under CHALLENGING stressed conditions
- MENTORING - Implement NLP learning through trial and error under controlled conditions with meaningful clinical feedback , rapid testing with instant feedback identifies continuing issues
- Stress REAL WORLD **transferable practice** while training **plasticity** into the Brain - TRAINING A MEMORY is just like any exercise you need to push yourself by overloading at speed through time .
- Set targets and rewards - score 150 + on the working memory IQ test within 2 weeks .

