



## Memory Training

The brain is a truly marvelous piece of kit that everyone has, it allows us to process the sights, sounds, textures, and other stimuli that the world throws at us into a collection of other stimuli that we understand. It is also responsible for the creation of absolutely everything we now have in the modern world; from the clothes on our bodies to the machines we use for our day to day interactions, to more obfuscated machinery we see in the world like businesses, government, and other large institutions were born of smart minds and are maintained by an army of minds today.

Just like any tool under constant duress however, the brain also generates its own share of wear and tear. Overworking a person's brain can cause a plethora of issues from memory loss to degradation, resulting in a slower, less creative mind. Certain business practices and common workplace culture such as standardisation and constant repetition of certain actions to solve certain problems also discourages freedom and creativity; this means when faced with a unique problem, the mind used to routine will take longer to create the maverick solution required of it; and in a world where time means money, this is plainly unacceptable.

This training session provides some practical tools and methods to improve memory for employees.

## **Course Overview**

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

### **Have sharper memory and be more retentive**

In this session, participants will learn the methods and strategies to assist them in retaining and even expanding their capacity of retention.

### **Be more creative**

In this session, participants will learn new methods and strategies which allow them to exploit their own inner creativity and allow them to apply their own unique ideas as they see fit to where it is both most appropriate as well as where it can be most beneficial in the context of home and work.

### **Become learners and critical thinkers**

During this session, participants will be exposed to new experiences and be made to solve such problems, as well as be given programs tailor-made to ingrain the attitudes of exploration and experimentation which will allow them to maintain this beneficial pattern of behavior long after the end of their training.

### **Promote healthy practices for mental health**

In this session, participants will be properly informed of the many benefits of proper mental health as well as strategies and methodologies that can assist them in their own personal mental health and how these simple acts can improve their overall mental health and hence their performance on the field.

## **Workshop Wrap-Up**

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725