



Mental Tools for Tough Subjects Training

When faced with an issue, it is good to have a set of tools that you can use to diffuse, engage, mitigate, produce, and solve problems. The better your tools, the better the outcomes. This is the reason we have developed the Mental Tools for Tough Subjects training course.

This course will give you access to the valuable learning methods used by professionals. Learn about the two learning modes that the brain employs and how it stores ("chunks") information. Learn about learning itself, memory strategies, procrastination and the best ways to master difficult subjects. In this one-day training course we're going to talk more about important ideas and techniques that will enhance your ability to learn and manage tough problem solving.

Course Overview

We will spend the first part of the session getting to know participants and discussing what will take place during the workshop. Participants will also have an opportunity to identify their personal learning objectives.

This workshop will help you teach participants to:

- Learn the valuable techniques experts in music, art, literature, mathematics, science, and sports use.
- Know the different learning modes available to the brain.
- Learn a new way to create and store memories.
- Learn the memory techniques and illusions of learning.
- Learn how to process and internalize information in a highly-effective way.
- Develop good problem-solving and coping skills.
- Bounce back from negative experiences that everyone encounters.
- Deal with procrastination.

Define Learning

Human brains can be very complex. First, we will simplify things by using metaphors and analogy. Participants will learn about fundamentally different ways of thinking and how to use them to enhance their learning.

Chunking

Your mind can quickly access chunks of information because they are small packages. Here, we will discuss how to form chunks and how to use them to increase participants understanding and creativity. Also, we'll show them how to make better tests with chunks.

Memorising techniques

In this session participants will learn the different strategies to help improve participants' memory.

Focused mode and diffuse mode

This session will explain why it is important that you mix focused and diffuse modes so that what you learn in focused mode can connect with other things in your brain that are already there while you're in diffuse.

Procrastination – Brain Productivity

In this session, participants will learn how to manage procrastination, and the best ways to get to their brain's most powerful long-term memory systems.

Pomodoro technique

Here, participants will learn another effective technique for timing one's self and learn effectively. This time management method will help reduce the impact of external interruptions on focus and flow.

Master Resilience

This session will focus on how participants able to build mental toughness on challenging circumstances as well as identifying their signature strengths, meaning, purpose and positive relationships.

FACE Focus. Accept. Come. Engage. Method

Participants in this session will learn the FACE method to empower, educate and stay grounded when facing a crisis or challenge in life. It has an easy acronym that they can quickly recall when everything is not going according to plan.

Mindfulness

This session will discuss how mindfulness and other meditative practices can allow participants to develop clarity in their minds and feelings, reducing their negative thoughts, and contribute a sense of peacefulness and centeredness.

Stress Reduction Techniques

In this session we will provide simple yet proven stress-reduction techniques including both physical exercises involving conscious efforts to control breathing and relax muscles and mental exercises to focus the mind in the moment.

Personal Strength Learning

This session we will discuss important ideas and techniques to improve participants learning abilities.

Unlock Your Potential

Lastly, we will discover how to interact with fellow learners more effectively, how to recognise their own strengths, and how to avoid the "imposter syndrome." Ultimately, they will learn more about the joys of living a life filled with learning!

Workshop Wrap-Up

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

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