Mastering your Memory

Description:
This course is a fun, interactive journey through the mind and will help you to realise the full potential of your memory. You will learn skills to enhance your memory storage and recall information for practical application in all areas of your life. Through exercises and games you will learn how to use creative thinking and visualisation to improve your recall.

Content
- Introduction
- Developing a positive attitude – maximising your brain power
- How the human brain functions
- Causes of forgetfulness
- How to improve your memory
- Some specific memory skills techniques
  - Rehearsing (revision)
  - Chunking/Grouping
  - Memory chains
  - First letter trigger
  - Memory pegs

Benefits
- Develop thinking skills to promote a positive attitude and maximise your brain power
- Distinguish between left and right brain functioning
- Explore reasons for forgetfulness
- Develop skills to improve memory recall
- Practice specific memory skills exercises and games

Facilitator
Hilda O’Callaghan holds qualifications in Psychology and Criminology. She has completed the Masters Degree in Training and Development, doing the research component on the topic of Emotional Intelligence. Hilda is a qualified Dispute Resolution Mediator and has worked at the Citizens Advice Bureau for the past 15 years, mediating both Family and Community disputes. She is an accredited De Bono Six Thinking Hats Consultant, and is an accredited user of the award winning international communication program “Talking and Listening Together”. Hilda has been conducting training programs for the past 25 years in Sydney, Brisbane, Melbourne and Perth.