



Wellness Lunch & Learn - one hour sessions

Improving Your Memory (1 hour)

This workshop will explore how memories are created, stored and accessed and the role of memory techniques for improving this process.

This 'lunchtime learning' presentation combines theory with practice, enabling delegates to experience instant improvements in their ability to memorise and accurately recall a significant number of facts and even, random items.

Objectives:

- To give delegates an understanding of how the brain captures information, files it away for future reference and then retrieves it when required
- To learn the techniques of story construction, 'pegging', mnemonics and loci visualisation (also known as Memory Palace)
- Understand the importance of self-belief in memory improvement

Content:

- The 3 different types of memory – Immediate, Short Term and Long Term
- The 3 stages of memory – Registration, Retention and Retrieval
- How the brain works through making connections and how effective memory techniques mirror this concept
- The roles of the right and left hemispheres of the brain in learning and memory