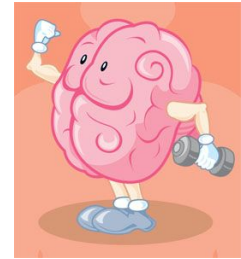


How to Make Your Good Brain Great

Do you know you can increase your brain power?

Mainstream science once held that this is impossible, that your brain is fixed and cannot be improved since it is already hard-wired. However, more recent research in neuro-plasticity has found this to be incorrect.

Your brain is quite malleable and is capable of altering its structure including the generating of new brain cells. Using mental activity, you can even change your brain to restore physical and mental health.



This workshop will show you how to increase your brain power by using thinking techniques and physical exercises that will enhance your thinking skills. Using these techniques daily will improve your thinking, memory, creativity and communication skills, making you a more effective manager.

“The great news is that the brain is malleable and able to change. With targeted strategies, you can make a good brain great.” *Dr. Daniel Amen*

How you will benefit

By the end of the workshop, you will be able to:

- Think more effectively
- Increase your concentration
- Achieve a higher level of creativity
- Get clearer organisation of thoughts
- Enhance your memory and remember effectively
- Use Accelerated Learning techniques to learn quickly
- Build up your brain power

What you will learn

What you will learn in this two-day workshop

- Understand how your brain works
- The left brain right brain hemispheres
- Brain Dominance and the Whole Brain Model
- Visual Thinking: Concept Maps, Mind Maps and Thinking Maps
- How to use visual thinking techniques for creative and report writing, planning, decision-making, presentations, making notes, studying and brainstorming
- How to improve your memory
- How to use mnemonics and memory applications to help you remember more effectively
- Physical exercises for the brain
- Learn Accelerated Learning techniques that will help you become a more effective manager

Who should attend

Managers, executives and business professionals who want to improve their thinking skills and build up their brain power.

About the Trainer

Wong Peng Wai is the first person in Asia to be certified to teach mind mapping, memory skills and speed reading by Buzan Centre (UK). A licensed ThinkBuzan instructor, Peng Wai has conducted more than 1,000 workshops on mind mapping, memory skills and speed reading in Singapore, Kuala Lumpur, Jakarta and Hong Kong. With a M.B.A. and a B.Eng., Peng Wai is also a presentation skills coach and a member of the American Society for Training and Development.

AWS workshops

AWS workshops will help you become more productive at work. You will learn proven techniques that will help you solve problems faster, be more creative, and think more effectively.

Some of our clients

AIA Insurance, American Express Bank, Berjaya Group (Malaysia), Central Provident Fund Board, DBS Bank (Hong Kong), DBS Bank (Jakarta), DBS Bank (Singapore), Glaxo Smith Kline, Housing and Development Board, Inland Revenue Authority of Singapore, Infineon Technologies, Intercontinental Hotel Group, Keppel Land, Keppel Shipyard, Land Transport Authority, Micron Semiconductors, National University of Singapore, Prudential, RHB Bank, Singapore Airlines, Singapore Technologies, ST Aerospace and Temasek International.

What our clients say about our workshops

“Improved my productivity immensely.” *Manager, Berjaya Group*

“They should have taught me this long ago.” *Operations Manager, Port of Singapore Authority*

“This is one course I can use immediately. Can’t wait to try out the techniques.” *Manager, MINDEF*

“I’ve never been so interested in all the courses I’ve attended.” *Vice President, DBS Bank*

“The instructor was excellent.” *Assistant Vice-President, DBS Bank*

“One of the finest courses I have ever attended.” *Manager, Singapore Airlines*

For more information, contact AWS PTE LTD • www.aws.com.sg • Email: info@aws.com.sg

Workshop Registration Form

Brain Power: How to Make Your Good Brain Great

Date: _____ Time: 9:00AM to 5:00PM

Venue: _____

Fee: _____

Name: _____

Company: _____

Address: _____

Email: _____ Tel: _____

To register for the workshop, please fill in the Registration Form and email it to us at info@aws.com.sg.

AWS PTE LTD/AWS TRAINING reserves the right to cancel a workshop due to insufficient enrolment or unforeseen circumstance.