How to Improve Your Memory with These 5 Easy Steps

Would you like to have a fantastic memory that most people can only dream about?

You can. This workshop will show you how you can improve your memory in 5 easy steps.

Memory is one of your most important brain functions. Without a good memory, you can't learn quickly, speak a language properly, or work effectively. Your memory plays a crucial role in your life and work. The more you improve your memory, the more successful you will be at work and in your personal life.

At this workshop, you will learn the 5 steps you need to take to develop a better memory. These 5 steps include paying attention, repeating frequently, using association, having the right attitude, and eating and sleeping well.

Using these 5 steps, you will be able to remember items, facts and figures, passwords, names and faces, and remember them for a long time.

> "The only real treasure is in your head. Memories are better than diamonds and nobody can steal them from you." *Rodman Philbrick*

How you will benefit
By the end of the workshop, you will:
· Improve your memory
· Remember items, facts, figures, numbers, passwords, names and faces
· Be able to use memory techniques to help you remember

What you will learn
What you will learn in this workshop:
· What is memory
· The 5 steps to a better memory
· Short term, long term and subconscious memory
· Recall during and after learning
· Mnemonics and memory systems
· How to remember facts and figures, passwords, names and faces
· The impact of sleep, diet and exercise on memory
· How to use the 5 steps to a better memory at work and in your personal life

Who should attend
Managers, executives and business professionals interested in improving their memory and becoming more successful at work.

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 Management Services.

What our clients say about the workshop

"Engaging and interesting course. Will definitely share with my colleagues. Very clear information shared." *Manager, National Council of Social Science*

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

"What a great trainer. He makes it so easy." *Admin officer, Housing and Development Board*

"Great workshop. Very applicable and relevant." *Manager, Madrasah Al-Irsyad*

About the trainer

Wong Peng Wai is the first person in Asia to be certified to teach memory techniques by Buzan Centre (UK). An affable and inspiring trainer, Peng Wai has conducted hundreds of memory workshops for companies and statutory boards in Singapore.

Before starting his consulting and training company, Peng Wai was head of investment banking technology at Citibank N.A. and consulting manager at Union Bank of Switzerland.

With a M.B.A. and a B.Eng., Peng Wai is also a presentation skills coach and a member of the Association for Talent Development.

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

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Workshop Registration Form

How to Improve Your Memory with These 5 Easy Steps

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.