

POWER RECALL

SESSIONS

by
Buzan Centre Pune,
Aundh

Introduction

Increased awareness of brain dementia has prompted people to discover more about their brain and how to strengthen the power to recall.

Use it before you lose it!

This workshop brings you the latest researches from Tony Buzan, inventor of Mind Maps®, on how to build and enhance your recall power.



buzan
pune

In this revolutionary seminar, we shall demonstrate that everything you have just read about the decline in memory need not necessarily be true. You will graduate from this course with the knowledge and techniques to guarantee that throughout your life, your memory will continue to improve and grow more powerful.

Who Should Attend

Memory has been revealed as the NUMBER ONE problem for business individuals. Enhanced memory enhances all levels of business sectors. Any manager who would benefit from a better memory of information, names & faces, numbers & company / customer / product facts should attend.

Group participation would strengthen the power of Corporate memory.





Course Outline

- Benchmarking your Memory
- The Most Important Graphs in the World
 - How your Memory changes while you Learn
- Forgetting. And how not to!
- The Link System
 - Harness your imagination & association.
 - Toning up the 'muscles of your memory'
- The Number / Shape System
 - Applying your sense of sight and vision to empower your imagination and memory.
- The Number / Rhyme System
 - Applying your sense of hearing to empower your imagination and memory.
- The Memory Palace
 - Creating imaginary structures that become giant libraries of memory in which you can store vast quantities of data.
- Recall Principles
 - Smashing Scope

**Duration:
3.5 hours**

Methodology

This lively and interactive workshop requires extensive participants' involvement. It gives them ample opportunity to practice the new techniques learnt.

- Buzan workshops usually comprise:
 - Lectures / presentations
- Individual and small group exercises and discussions
 - Self-awareness questionnaires
 - Brain-breaks for reflections and integration
 - Games and activities
- Question and answer periods

Outcomes

- By the end of the workshop, participants will learn to:
 - Apply recall rhythms and principles to improve recall
 - Use memory techniques for short & medium term recall
- Identify the actions to age-proof the brain

Tony Buzan



Programme Leaders:

Jas Johari:

Jas is the **only BUZAN ADVANCED LICENSED INSTRUCTOR** in India and is licensed to train in the life skills – Mind maps, Speed reading & Knowledge Management



Maneesh Johari:

Maneesh is the CEO of the Buzan Centre Pune, *the only centre of the Buzan Organisation in India.* He has facilitated Mind Map® trainings at a number of Business houses like Bajaj Auto, Tata Motors, L&T Infotech, HSBC Global, Aditya Birla group, Godrej & Boyce, Nicholas Piramal, HDFC Insurance, Whirlpool, Halliburton, Zydus Cadila, Idea Cellular, Coca Cola & many more



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