BOOK A 90 MINUTE 'LEARN & DO' INTRO TO VISUAL NOTES & KEY IDEA MIND MAPPING

Skills learning: stop wasting time with 'information overload' and waffle and confusion, and use cognitive science strategies and disciplines to focus your brain on key ideas instead.

Your brain is not a computer - it processes information in very specific 'pesky human species' ways - in fact in many ways your phone has a more efficient and simpler data processor and memory than you.

My Visual Notes and Key Ideas 90 minute experiential workshop introduces the cognitive science of memory and associations, and how our brains gather
and organise and store and recall data, and it facilitates groups in a fun and practical experiential model that will teach engaged learners tools to approach information in efficient ways that our brains love - creating actual mind maps of colour and key ideas and images on the day. (This is a great team building and brainstorm forum too - the theme for the mind maps can be any work related topic.)

**Pricing for this compact workshop: €395.** (Workplace training with best practice session plans - includes workshop materials - excludes time and travel if outside Dublin city centre - call for a quotation)

I just need a projector and engaged learners - you provide the venue and as many attendees as it can comfortably take with groups working at tables (app 36 max).

This basic pricing assumes onsite in a Dublin city centre premises, (call 0868113031 with your details and location for a quotation if outside that area, and/or for a training needs analysis and a bespoke model, or for session plans and terms and conditions). Pricing includes sample colour mind map prints and mapping paper and coloured markers. E&OE.

*What do clients think? Check [HERE](#) on my website testimonials page.*

*For more information call Veronica Walsh at 0868113031, or go to my [website](#) for more CogSci training options.*