



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*.



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