

## Accelerated Learning

**Description:** Accelerated learning is known to produce at least 300% improvement in the speed and effectiveness of learning, as measured by Don Schuster, Professor of Psychology, Iowa State University. It is often referred to as "The key to the 21st Century".

Unlike conventional learning which tends to involve just one half of the brain, accelerated learning combines both left and right sides of the brain, and works in ways where new learning is absorbed by not only the conscious mind but also the subconscious.

Discover for yourself this rapid, enjoyable and motivational approach to learning.

**Methodology:** We will teach the course using accelerated learning techniques. These will include music, mind maps, drawing, games, relaxation techniques, individual & group exercises. Participants are advised to wear loose and comfortable clothing.

**Duration:** *One Day*

**Objectives:** At the end of this training session, you will:

1. Understand what is Accelerated Learning
2. Begin to understand the incredible power of the brain
3. Know how to significantly improve memory and absorption of new knowledge
4. Learn ways to activate both sides of the brain when learning using visual and sound associations, imagination and music
5. Understand the vital balance of relaxation and activation in accelerated learning
6. Know how to put accelerated learning into practice



## Accelerated Learning

- Content:**
- What is Accelerated Learning
  - The incredible power of the brain
  - How to significantly improve memory and absorption of new knowledge
  - Ways to activate both sides of the brain when learning using visual and sound associations, imagination and music
  - The vital balance of relaxation and activation in accelerated learning
  - Putting accelerated learning into practice
  - Improving the speed and effectiveness of learning
  - New approaches to learning that combines left and right sides of the brain
  - Absorbing new content using accelerated learning techniques
  - Making powerful associations to improve memory and recall
  - Guidelines on applying accelerated learning

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