

Improve Your Memory:

Use More of the Capacity You Already Have

Your brain determines how you learn, think, remember, and make decisions. Your memory helps you to shape your understanding of your present, and your application of your memories helps you to shape your future. Your memory is a window into the health of your brain, how you care for it, and how you use it. How well your memory works helps to determine how much you get done in a day and the quality of your work. Your memory also helps to define who you are – for yourself and for those around you ... family members, friends, colleagues, others.



[Jim Muckle](#)

This very engaging, interactive, and memorable (!) content is [available in 1/2-day, 1-day or 2-day workshop formats](#). You'll learn about your memory, how it works, how you can use more of your memory and recall capacity more easily, what most memory issues are really about, and you'll get all your questions about memory answered. You'll remember this workshop for years to come!

Program Topics

What do you want to remember?

- Child-care, elder-care, self-care ...
- Names, numbers, frameworks, conversations, lists, principles, learning, presentations, requests, directions, how to get somewhere, where you leave things, your schedule, why you went downstairs, and more ...

How does your memory work?

- Discover why you can remember the words to "I Shot the Sheriff?" (when you don't want to), and why you can get to the bottom of a book page and have no idea what you read.
- Find out why you remember some things you'd really rather forget.
- Learn how your brain stores things in time and space, and why that's useful.
- Identify what remembering and not remembering have in common.
- Discover how your emotions and attention impact your memory.
- Learn about stress, your brain, and your memory.
- Examine differentiation and why it's important.
- Learn what's happening with your memories while you're sleeping.
- Find out how understanding and personal meaning affect your memory.
- Realize how advertisers teach your brain to remember their messages.

Increase your capacity to remember

- Discover how you can manage your sleep to help improve your memory.
- Find out how you can manage your nutrition to help improve your memory.
- Consider how you could manage your exercise to help improve your memory.
- Learn how you can help your brain to grow new brain cells ... or not.
- Experience using music, and other sensory inputs, to help improve your memory.

Leverage your capacity ... to remember more easily

- Learn to work more visually to help your memory do a better job for you.
- Acquire several easy-to-learn, easy-to-use memory methods and tools.
- Find out how to manage your risk factors as your brain ages.
- Take home the power of state management – what it is, why it matters, how to use it to manage your memory.

At the end of this workshop, you will be able to:

- Make more informed day-to-day decisions about managing your sleep, your nutrition, your exercise, and other aspects of your routine that impact your brain fitness and memory.
- Use more of your current memory capacity to organize more information in less time, understand it more clearly, and then produce even better results.
- Make better decisions to safeguard your longer-term brain fitness and its memory capacity.
- Help your family members, friends and colleagues to do the same.
- Train more of your memory capacity to work more effectively for you.
- Implement your personal memory-improvement action plan.

Participant Value?

- Anyone who wants to use more of their natural capacity to help them learn, think, remember, and make today's and tomorrow's decisions more effectively.

For more information, visit us online at www.BrainsInAction.com, or contact us at: (T/M) (613) 841-4332 / (TF) 1-888-384-6666 / jim.muckle@BrainsInAction.com

IS YOUR
Brain
Doing Its BEST ?
Work For You ?