

Effective Speed Reading™

Read faster, Understand better, Remember more.



KEY BENEFITS

Dramatically increase reading speed whilst maintaining (or improving) comprehension.

Reduce study time.

Become extraordinarily well informed.

Free up time for thinking, planning and doing.

“Superb course got much more out of it than expected and it was all far more relevant than I hoped”

**PRACTICAL AND PROFOUND 1 DAY COURSE -
RUN IN-HOUSE OR VIRTUALLY**

Overview of course content

- Understand how the eye works and how it works with the brain.
- Assessment and monitoring of reading speed.
- Techniques to treble (or more) reading speed.
- INSEAK® an introduction to the Intelligent Strategy for the Effective Acquisition of Knowledge.
- How to understand and remember.
- Practice and how to continue improvement after the course.

A brief history...

This course is based on a clear understanding of how the eyes work, how the brain works, and how the eyes and brain work together. Developed with Clive Lewis, author of the Extraordinary Reader, which was based on 30 years experience of speed reading.

Duration and format

One day, half day and bite sized learning sessions available.

Who is this course for?

People whose work or learning, or both, involves getting through a lot of reading. Anyone who wants to create more time for themselves by reading faster but who still needs high levels of comprehension.



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What's it all about?

Are you drowning in data? Are you sinking under your emails, letters, books, papers and memos? In today's knowledge age it's becoming more and more obvious that we need to harness the tools to absorb information more effectively. Speed reading is not just about helping you power through your paperwork. It's about improving memory and comprehension. It's about increasing information recall and absorption. Knowledge fuels success, and the Effective Speed Reading programme will teach you how to rapidly process that knowledge.

Why Effective Speed Reading?

The Effective Speed Reading programme has been specifically designed to help people overcome information overload. Whether in their business life, private time or during studies this programme provides you with the skills you require to:

- Dramatically increase your reading speed.
- Improve your memory.
- Free up more of your time.
- Increase your knowledge base.
- Improve your knowledge management.
- Work smarter.
- Take back control.
- Retain large amounts of information.

1 or ½ day? What's the difference?

1 day programmes are more comprehensive with time to practice and maximise learning. ½ days are best utilised as a refresher or introduction to the topic.

How do we do it?

- **Learn how the eye works in conjunction with the brain** - using this knowledge you will be able to maximise your reading potential.
- **Assessment** - test your reading speed before and after the programme, to see how you have improved.
- **INSEAK**® an introduction to the unique intelligent strategy system which teaches how to acquire knowledge effectively.
- **Environment** - create the ideal environment for whatever you are reading.
- **Different approaches** - adopt different approaches to reading depending on the material and your objectives. Focus on what you want from a document before reading it.
- **Practise** - learn the techniques to continually develop your reading after the programme.
- **Skim read** - understand the principles of powering through large documents, extracting only the important information, scanning for specific information and prioritising.
- **Increase your reading speed** - learn and apply a range of simple, but profoundly effective techniques to dramatically increase your reading speed, resulting in increased knowledge management and enhanced business acumen.

