

STIMULATE YOUR MEMORY

Objectives

■ Understanding how memory works. Better understand how your own memory is working

■ Acquiring a method and tools to optimize your memory performances.

■ Develop active memorization behaviors during a training

People concerned

Every business occupations.

Duration

2 days

Know-How acquired

Reflexion and analysis of a priori and difficulties encountered during a memorization process

Immediate memorization test.

Individual or group performance evaluation



Understand how our memory works

What are the parts implied in memory?

Memory & Forgetfulness: Are memories stocked?

How to make them reappear?

What are the last researches in neurophysiology?



How to train and tame your memory?

The 3 memory steps: reception, treatment, reactivation.

Different memories: recall, recognition, short-term, long-term...



Control the techniques for an efficient memory

Success criteria for a good memory.

Voluntary behaviors which make memory easier

Develop your attention and your concentration, a state of mind, a volunteer approach.

Know tools to handle with information: organization, association, creativity, visualization...

Restore information: Communicate, rephrase, act.

Mnemonic process: interests and limits



Training and keys to have a good daily memory

Develop your visual, auditive, kinesthetic and olfactory senses

Remember the reading essentials

Remember names and faces

Memorize an oral message content

Remember numbers, lists...

Remember more easily various information



Have a good memory hygiene

Relation between sleep and memory

Is there a relation between food and memory?

What is the relation between age and memory?

