

Sharpen Your Mind – With Rob Glenn



Memory, focus and resilience - for all working people

Course Overview

Learn an astonishing technique to get perfect clarity of mind, free from stress and distraction – IN 45 SECONDS

- ✓ **Improve your memory - learn how to remember 20 names in a room and 40 items on a list- instantly**
- ✓ **Increase focus – How to isolate distraction and increase concentration for multi-tasking & deadlines**
- ✓ **Improved mental health and resilience - Reduce stress, anxiety, fatigue and depression**
- ✓ **Speed reading - Double your reading speed and with improved recall – great for improved study skills**
- ✓ **Improve safety and productivity – through better focus and memory - great for prestart meetings**
- ✓ **Better organisational skills - deal with rapid change, deadlines, pressure and the unexpected**
- ✓ **Attend meetings and conduct presentations without needing notes at all**
- ✓ **Improve decision-making, problem solving and rapid response solutions**
- ✓ **Increase energy, improve sleep, amazing for sporting and fitness performance**



Unclutter your mind and regain perfect focus, attention, concentration and mental health

This exceptional workshop has become a popular component of staff development programs in both private companies and public sector agencies throughout Australia. It teaches how to develop incredible memory, focus and mental discipline.

Learn how to instantly remember 40 items on a list, 20 names in a room, attend meetings without needing to take notes, be a better public speaker and double your reading speed – with near perfect recall. During our career, most time and expense is given to improving and sharpening our skills. However, this course focuses on sharpening our mind. This can re-energize our workplace, our career and our lives.

What is it about?

This is a simple, practical mind discipline technique based on medical science and biological fact. Anyone can do it.

It is not meditation – it is focus, using a unique combination in a 3 step technique.

1. **Tactical Box Breathing** – a breathing technique used by the military to cope with extreme stress, trauma or fatigue. This step is used to clear the mind of distraction and stress.
2. **Association** – a 7-part mind discipline technique to create specific focus.
3. **Mnemonics** – an ingenious, proven method of increasing memory, focus, retention and organisation.

This process is designed to:

Increase workplace performance, enhance personal mental health and substantially reduce stress, anxiety and fatigue.

This is achieved through a quick and simple technique to control and focus the mind, which anyone can master.

Who does it suit?

Essentially all working people – Anyone can do this. It is not meditation or relaxation – it's a mental skills technique. Technology is used in the course to demonstrate proof that this focused state in the brain can be measured.

Why it's unique

Sharpen Your Mind is an astonishing session. Participants will learn simply and easily how to tap into a level of thinking that can focus better, remember better, and perform better than a busy mind... and that this can be done anywhere, anytime by anyone. The session is activity based and highly interactive, with participants learning and practicing the technique a number of times during the course.

Topics included:

You will learn to:

- ✓ Remember 40 items on a list instantly with perfect recall
- ✓ Remember 20 names in a room
- ✓ Double the speed of your reading and with greater recall
- ✓ Relax and focus in interviews, reviews, presenting or public speaking
- ✓ Be more creative and innovative
- ✓ Be more focused and in control when under pressure
- ✓ Get rid of stress anytime
- ✓ Increase energy and vitality
- ✓ Learn mental control and rehearsal – with astonishing results.
- ✓ Substantially improve study and learning speeds.
- ✓ Improve personal health and physical performance

This will:

- ✓ Help cope with multiple demands and tight deadlines
- ✓ Increase clarity and accuracy in decision making
- ✓ Increase productivity and efficiency in all work areas
- ✓ Enhance safety and awareness
- ✓ Improve time management, efficiency and effectiveness
- ✓ Create better work place morale and harmony
- ✓ Reduce conflict and misunderstanding
- ✓ Provide personal mental and physical health benefits.
- ✓ Give greater job satisfaction and career prospects
- ✓ Reduce the need for medication – stress and pain

Memory, Focus and Stress Management

Outcomes from this course

At the end of this workshop you can expect to know how to take your mind to the “focus zone” in 45 seconds. You will know how to double your reading speed with improved recall. How to remember 40 items on a list and 20 names in a room, how to speak more confidently when presenting and how to get rid of stress. You can expect to focus better, study better, learn faster and feel more controlled.

Course pre-requisites:

There are no pre-requisites or prior leaning required for this workshop. All work books, resources and learning materials are provided.

Certification:

A Certificate of Participation is issued to participants on request.



Fee schedule:

Pricing on application - dependent on participant numbers, venues, location and regularity. Travel at cost outside Perth metropolitan area.

Venues, class sizes and duration:

Courses are delivered in house, on site or at our training venues as required. Minimum number of participants 6 and maximum 12 is recommended.

Course duration – One day 7 hours

Sharpen Your Mind Memory, Focus and Mental Resilience

A content glimpse:

The opening session explores what the participants would like to achieve from the course and what issues are important to them. The session is then tailored accordingly. The science of mnemonics is demonstrated and the four different brain rhythms are learned along with the impact or benefit of being in each state. This “focus zone” is demonstrated by showing how over 40 items can be remembered – instantly. And that’s just the first hour...

Presented by Rob Glenn



Rob is an accomplished, knowledgeable and entertaining presenter. He is an internationally acclaimed public speaker and lecturer on financial, professional development and management concepts - delivering over 100 key note addresses seminars and work place courses per year.

Rob has 30 years’ experience in company directorship, project engineering, business management, financial planning, professional development and corporate training. His unique set of skills and depth of practical experience is such that the content is delivered to any audience at any level in any situation in an easy to follow, practical and engaging manner.

Join the 100’s of companies and Gov’t departments that have benefitted from this exceptional program.

Sharpen your mind has measurably proven to:

- Improve engagement, productivity, job satisfaction, safety and morale
- Reduce stress, distraction, absenteeism, presenteeism and accidents
- Improve staff retention and team stability
- Create appreciation and recognition amongst staff
- Improve mental health, reduce fatigue and increase positivity



The content is delivered in a logical step-by-step manner that’s easy to understand and remember. All attendees are given take home practice materials and an mp3 recording to assist in achieving the “focus zone”

Rob Glenn 0417 813 542
rob.glenn@tecoa.com.au

Bookings and Information
www.tecoa.com.au

Lauren Smith 08 6230 2611
admin@tecoa.com.au