Speed Reading and Retention

This is an essential course for members whose role requires them to be able to read and summarise information faster and more effectively. The seminar focuses on the different types of reading styles and encourages better retention of written material using specific techniques.

Programme Objectives

By the end of this programme delegates will be able to:

1. Explain the principles of speed reading

2. Understand the barriers to reading and adopt different reading styles

3. Maximise eye/brain relationship

4. Increase reading speed by over 50%, without losing comprehension

5. Improve retention of information using specific techniques

6. How to read more effectively from computer and tablet screens.

Further Information

The session focuses on how our brain absorbs and process information, including the relationship between eye and brain. The session also explains different types of reading styles and how to learn new, positive reading habits.

Duration: Two hours