



## Memory Training Mind Games

### Who we are:

List of life Event is a London based company who have been running for 14 years, we specialise in organising socials, corporate activities and weekend trips. Our creative team of event organisers have come up with a range of activities that are thought provoking, mind stimulating and even stress relieving.

### The Overview

Develop your skills and train your brain to improve your memory and better apply yourself to tasks by participating in these sessions, designed by a professional, to improve your cognitive skills. **Names and Faces** Understand the characteristics of memory and learn memory improvement techniques. After putting the techniques to use in application, you will be able to better remember names and faces. Goals achieved by end of session:

- Participants will have learned professional memory techniques to learn names and faces.
- Participants will have successfully memorised other participants' names and a list of their clients and connections.

**Languages: Foreign Words** Learn the characteristics of our memory and apply professional memory techniques to remember foreign words. Goals achieved by end of session:

- Participants will have memorised 50 words in a foreign language
- Participants will understand the processes of memory and how they can better it
- Participants will be able to apply valuable memory techniques and knowledge to apply in future.

**Languages: From Zero to Fluent** Learn how to be in the right frame of mind to learn a foreign language along with strategies

on how to memorise words. Goals achieved by end of session:

- Have a clear idea of how to approach the studying of a new language, avoiding the classic mistakes.
- Participants will understand the processes of memory and how they can better it
- Participants will be able to apply valuable memory techniques and knowledge to apply in future.

**Mind Maps** Learn how mind map works, how to create a mind map and use it to better productivity. Understand in what circumstances the application of a mind map is useful and practise them. Goals achieved by end of session:

- Be able to use mind maps in everyday work life to make life easier and more productive.
- Participants will understand the processes of memory and how they can better it
- Participants will be able to apply valuable memory techniques and knowledge to apply in future.

**Script Memorisation** Learn about the structure of our memory and some memory techniques to aid you in memorising a specific script. Goals achieved by end of session:

- Participants will leave the session having learned the desired script brought to the session to learn
- Participants, with their new understanding, will be able to learn more scripts in future
- Participants will understand the processes of memory and how they can better it
- Participants will be able to apply valuable memory techniques and knowledge to apply in future

## Benefits

- Learn the functions and processes of the short and long-term memory
- Better your business skills by putting the memory techniques learned in the session to use!
- Remember names and information about clients and even a foreign language
- Better organise your thoughts, goals and productivity by learning how to properly mind-map.



If you are interested in what you've read above then please get in touch!