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Course: Handling Information Overload

Code	City	Hotel	Start	End	Price	Language - Hours
241	Stockholm (Sweden)	Hotel Meeting Room	2025-11-17	2025-11-21	5450 €	En - 25

Introduction

This programme can help anyone at any level to improve the speed and effectiveness of their reading (for work and for study). It also explains the secrets of super memory systems and shows how mind mapping can be used for better note-making, planning and communication skills.

The programme will help you to:

- Read faster and read better (combine speed reading with techniques for better comprehension)
- Learn how to use mind mapping for planning, note-making, clearer thinking and better communications
- Learn the secrets of memory systems – and how to use them to remember facts, procedures, names and other information
- Use mind maps to help you remember what you read
- Develop confident, effective approaches to handling information overload at work

Objectives

- Read faster and more efficiently
- Tackle reading tasks with more confidence
- Learn the principles behind memory systems
- Develop your ability to memorize and recall information
- Develop note-making skills and learn how to read and use mind maps



- Combine fast reading, mind-mapping and memory skills to help handle “information overload”

Training Methodology

This programme is enjoyable, practical and inter-active. The techniques are presented in a clear, simple and easy-to-learn way using a mix of individual experiment, group work and discussion. You will find plenty of opportunities to participate, comment and question - but will never be put under pressure to express opinions. You will be invited to learn at your own speed and to focus on developing your personal skills-set.

Organisational Impact

- Better equipped to handle information overload
- Be able to read faster and more effectively
- Be able to use memory systems to remember information (e.g. procedures, processes, facts, speeches)
- Be better equipped to plan for and participate in meetings
- Work better either on their own or as part of a team
- Save time and improve efficiency in working practices

Personal Impact

- Be able to read faster and more effectively
- Be able to read and use mind mapping for better note-making, planning & communication skills
- Understand the secrets of memory systems and how to use them to remember information
- Use mind mapping to help you remember what you read
- Improved self-belief and self-confidence in ability to handle information overload
- More confidence when planning and problem solving



SEMINAR OUTLINE

Brain Skills, Fast Reading and Mind Mapping

- Thinking about reading - and challenging your existing assumptions
- Check current reading speed and understanding of the reading process
- How the brain works and its relevance for reading more effectively and remembering more
- The mechanics of how the eye works in tandem with the brain
- Breaking delusions: challenging beliefs and assumptions about reading
- Reading environment
- How to be a `successful` reader
- Different approaches to note making
- How to mind map

Reading Strategies and Memory Systems

- Reading strategies: the theory
- Successful reading: increasing reading speed and effectiveness
- Reading practice
- Thinking about remembering
- Memory systems introduced (Memory magic?)
- Remembering numbers
- Using mind mapping to help you remember what you have read
- Review of skills learnt

Reading at Work, Memory Rhythms and Thinking in Groups

- More memory magic
- Different approaches for reading documents, text books, emails and the web
- Getting control (how to read a book in a hurry)
- How we remember - and how we forget (and what to do about it!)



- Using mind mapping and reading strategies together
- Thinking and working in groups
- Project: mind mapping in teams
- Revision

Time Management and Outcome Planning For Better Results

- Team mind mapping presentations
- Outcome planning for better results
- Better time management as a tool for handling information overload
- Reading: understanding an article and extracting key points
- Mind mapping software (e.g. Mind Manager, iMindMap, NovaMind)
- Mind mapping: when to use software, when to use paper
- Developing listening skills as part of the note-making process
- Revision in context

Problem Solving, Meetings and Planning for Success

- Putting it All Together: Your Toolkit for Handling Information Overload
- Reading, remembering
- Communicating in working life
- Preparing for and participating in meetings
- Reflective review (what have you learnt and how can you apply it in the real world?)
- Planning for success and planning to practice



The Scandinavian Academy for Training and Development employs modern methods in training and skills development, enhancing the efficiency of human resource development. We follow these practices:

• **Theoretical Lectures:**

- We deliver knowledge through advanced presentations such as PowerPoint and visual materials, including videos and short films.

• **Scientific Assessment:**

- We evaluate trainees skills before and after the course to ensure their progress.

• **Brainstorming and Interaction:**

- We encourage active participation through brainstorming sessions and applying concepts through role play.

• **Practical Cases:**

- We provide practical cases that align with the scientific content and the participants specific needs.

• **Examinations:**

- Tests are conducted at the end of the program to assess knowledge retention.

• **Educational Materials:**

- We provide both printed and digital scientific and practical materials to participants.

• **Attendance and Final Result Reports:**

- We prepare detailed attendance reports for participants and offer a comprehensive program evaluation.

• **Professionals and Experts:**

- The programs scientific content is prepared by the best professors and trainers in various fields.

• **Professional Completion Certificate:**

- Participants receive a professional completion certificate issued by the Scandinavian Academy for Training and Development in the Kingdom of Sweden, with the option for international authentication.

• **Program Timings:**

- Training programs are held from 10:00 AM to 2:00 PM and include coffee break sessions during lectures.