

## Speed Reading & Memory Workshop

**Length:** 1 Day

**Summary: Too much to read? Not enough time?** There is no greater skill than having the ability to get through information quickly, and remember it.

Regardless of whether you are a student, a working professional, or simply a lifelong learner, your ability to keep up with new information is an essential skill in need of constant improvement and fine-tuning.

Customized to the type of reading material that you deal with on a daily basis, you will learn how to:

- Increase your reading speed using practical techniques
- Improve comprehension with better focus & concentration
- Approach technical material & analytical reading more effectively
- Recall information quickly using specific memory techniques
- Read faster on the computer screen and other digital devices

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## COURSE CONTENT

### Workshop Agenda:

- Measure Your Reading Speed
- Speed Reading Fundamentals
- Changing Old Reading Habits
- Drills & Exercises To Improve Speed
- Reading Faster on the Computer
- How To Improve Comprehension
- The IRIS Method for Effective Reading
- How To Remember More of What You Read
- How To Memorize Vital Information
- How To Continue Improving Your Speed
- Final Speed Assessment