



# UNLOCK THE POWER OF YOUR BRAIN: Keys to Improving Your Memory

## Have you ever:

- 🔑 lost your keys
- 🔑 forgotten a password
- 🔑 been unable to recall a name
- 🔑 missed a deadline
- 🔑 forgotten an important appointment

**then, this training is for you!**

### ***Unlock the Power of your Brain:***

***Keys to Improving Your Memory*** is a highly interactive six-hour workshop that will provide you with **key** strategies and information to improve your memory by unlocking the power of your brain.

The 1990s was the decade of the brain and the 21<sup>st</sup> century has begun with the decade of memory. Bring this session to your workgroup and experience together how the latest research has been transformed into **key** concepts to apply and improve your professional and personal lives.

This content has been presented with highly favorable evaluations in eight regional meetings of the Food and Nutrition Division of the Food and Drug Administration in 2006-2007, and at the Training Officers Conference, 2007 Institute.

Key Concepts Include:

- 🔑 **Using the environment to support learning and memory**
- 🔑 **Visualization**
- 🔑 **Organization**
- 🔑 **Graphic Organizers**
- 🔑 **The impact of color**
- 🔑 **Stress and Sleep**
- 🔑 **and MUCH more!**

**Class size** limited to 20 participants.

**Training Designer and Facilitator:** Dr. Terri Gabrielson has more than 25 years of experience in the area of teaching and learning. Her expertise in the area of learning strategies designed to improve learning and memory has been applied to a variety of audiences, ranging from paraprofessional staff to managers and directors. Dr. Gabrielson received her Doctorate from Georgia State University and resides in Atlanta, GA, where she is actively involved in training for government agencies and private businesses.

Contact us about scheduling this terrific workshop for your employees.

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