

Effective Speed Reading™

Comprehensive 1 and compact ½ day programme

Read faster, Understand better, Remember more.

Overview of course content

- Understand how the eye works... ..and how it works with the brain.
- Assessment and monitoring of reading speed.
- Techniques to treble (or more) reading speed.
- INSEAK® - an introduction to the Intelligent Strategy for the Effective Acquisition of Knowledge.
- How to understand and remember.
- Practice and how to continue improvement after the course.

“ *Superb course - got much more out of it than expected and it was all far more relevant than I had hoped.* ”

A brief history...

This course is based on a clear understanding of how the eyes work, how the brain works, and how the eyes and brain work together.

The course was designed by Clive Lewis, author of the Extraordinary Reader, which itself was based on 30 years experience of speed reading and other aspects of thinking and learning effectively.

INSEAK® is a registered trademark of Illumine Training

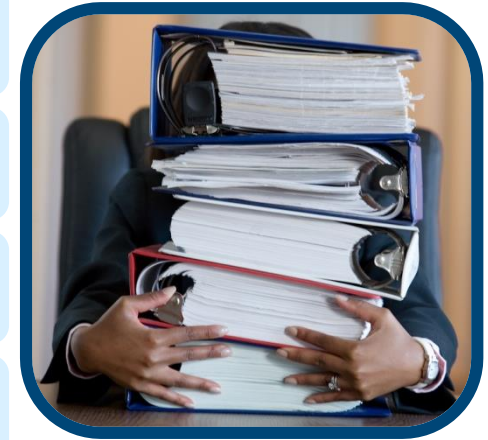
Key benefits

Dramatically increase reading speed whilst maintaining (or improving) comprehension.

Reduce study time.

Become extraordinarily well informed.

Free up time for thinking, planning and doing.



Duration and format

One day, half day and bite-sized learning sessions available.

Often run in-house, tailored to specific needs, it is also available as a public course for individuals to attend.

Who is this course for?

People whose work or learning, or both, involves getting through a lot of reading.

Anyone who wants to create more time for themselves by reading faster - but who still needs high levels of comprehension.

What's it all about?

Are you drowning in data? Are you sinking under your emails, letters, books, papers and memos? In today's knowledge age it's becoming more and more obvious that we need to harness the tools to absorb information more effectively.

Speed reading is not just about helping you power through your paperwork. It's about improving memory and comprehension. It's about increasing information recall and absorption. Knowledge fuels success, and the Effective Speed Reading programme will teach you how to rapidly process that knowledge.

Why Effective Speed Reading?

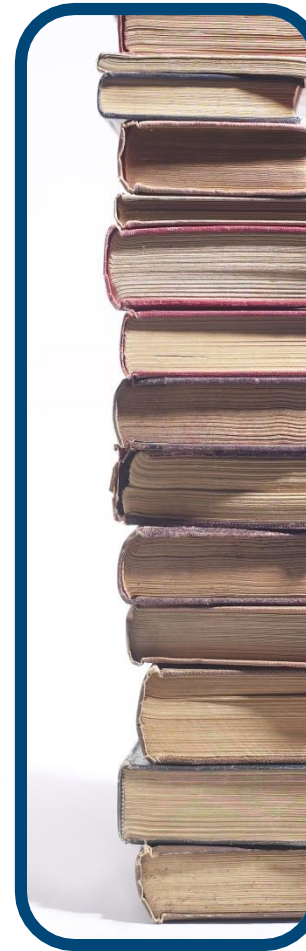
The Effective Speed Reading programme has been specifically designed to help people overcome information overload. Whether in their business life, private time or during studies this programme provides you with the skills you require to:

- Dramatically increase your reading speed.
- Improve your memory.
- Free up more of your time.
- Increase your knowledge base.
- Improve your knowledge management.
- Work smarter.
- Take back control.
- Retain large amounts of information.

1 or ½ day? What's the difference?

1 day programmes are more comprehensive with time to practice and maximise learning. ½ days are best utilised as a refresher or introduction to the topic.

How do we do it?



- **Learn how the eye works in conjunction with the brain** - using this knowledge you will be able to maximise your reading potential.
- **Assessment** - test your reading speed before and after the programme, to see how you have improved.
- **INSEAK®** - an introduction to the unique intelligent strategy system, developed exclusively by and for Illumine, which teaches how to acquire knowledge effectively.
- **Environment** - create the ideal environment for whatever you are reading.
- **Different approaches** - adopt different approaches to reading depending on the material and your objectives. Focus on what you want from a document before reading it.
- **Practise** - learn the techniques to continually develop your reading after the programme.
- **Skim read** - understand the principles of powering through large documents, extracting only the important information, scanning for specific information and prioritising.
- **Increase your reading speed** - learn and apply a range of simple, but profoundly effective techniques to dramatically increase your reading speed, resulting in increased knowledge management and enhanced business acumen.

Effective Speed Reading™

Continue and refresh your learning even after the course...

...all attendees on this course receive FREE access to the exclusive 'Effective Speed Reading' post course learning area of the Illumine website.

Related Courses

Fast Reading & Super Memory	Covers speed reading, Mind Mapping and memory skills over one or two days.
Mind Mapping	Complements this course well.

About Illumine

Illumine Training provides management and personal skills development, focused on developing *better brains for better business*.

The range of courses and workshops is split into six business critical areas and are delivered through:

Public Workshops - 1 and 2 day workshops.

In-house Courses - Specifically for teams or groups from within an organisation, tailoring as necessary.

FIT Sessions - In-house bite-size (90 minute) learning sessions designed by Illumine to maximise learning in the minimum time possible.

Other Options - E-learning, Facilitation, Coaching, Away-days and Speakers.

How can I take this programme?

For Individuals: Public workshops - Effective Speed Reading is available as a 1 day workshop in London

1 Day - £450 + VAT - Central London, UK

7 September 2018

30 January 2019

28 June 2019

Public workshop bookings can be made by emailing your request to info@illumine.co.uk or by completing our online booking form at <http://www.illumine.co.uk/read>. All are regarded as confirmed bookings and are subject to our business terms and conditions.

In-house courses - suitable for organisations that want to develop teams or groups of individuals from across the organisation. Programmes can be geared towards your organisation or industry sector with relevant activities, examples and case studies. Discuss your needs with an account manager on +44(0)1753 866633 or email inhouse@illumine.co.uk.

Continuous Development

CPD recognition is awarded on both public workshops and in-house courses, being dependent on the number of hours spent learning. On request Illumine will provide a certificate of attendance for you to use as evidence and attach to your record card.

Book 2 or more places on any public workshops to take advantage of our multiple booking discount:

2 places - 10% discount

3 places - 15% discount

4 places - 20% discount

Discounts will be applied when your bookings are processed and will not show on our online booking form

"Fantastic, very helpful; well worth spending a day on and wouldn't hesitate to recommend it."

Analyst, Finance Industry

"Excellent way of focusing what my reading needs are and how much information is "enough" and giving me practical tools/strategies that are simple to implement."

Claire Chester, Quality Development and Audit Manager, North East Lincolnshire Council