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

The unique portfolio of high quality, high impact training, builds skills in six inter-related areas: Learn, Absorb & Understand; Write, Speak & Influence; Creative Thinking & Innovation; Meetings, Facilitation & Coaching; Engagement & Personal Balance; and Management & Leadership Essentials.

The range of courses and workshops has been developed to contribute significantly to organisations’ management and personal development agendas – with a strong focus on high levels of skills transfer and a wide variety of flexible delivery options.

The company was founded in 1996 and has worked extensively with many of the UK’s leading companies and public sector organisations, contributing to staff, management and leadership development programmes.

All courses apply accelerated learning principles to ensure that learning is maximised. In order to support learning, all course participants are provided with free access to Illumine’s web-based online learning area.

Mind Mapping
Devised by Tony Buzan, Mind Mapping is an associative and radiant thinking technique. Mind Maps® work in the same way as the brain; they are designed to mirror the structure of the brain and its most basic building block, the brain cell.

Originally developed to help students of all ages to understand and remember more effectively, the technique is now used all over the world for a wide variety of applications. Whilst the technique started as a (coloured) pen and paper technique, there are now also many software packages available that help us to create highly polished Mind Maps and link to other sources of information in various formats.

Acknowledgements
Mind Map® and Mind Maps® are registered trademarks of the Buzan Organisation. Mind Maps were devised by Tony Buzan.
Mind Mapping

Introduction
Tony Buzan, the originator of the technique, describes Mind Mapping as a radiant, hierarchical thinking technique. By this he means that Mind Maps are built up by starting at the centre and radiating out to successive levels of detail.

Mind Mapping is a thinking technique. It is great for note-making – exploring your own thoughts, planning, organising, thinking creatively, making associations and gaining insights - and for note-taking - recording information in meetings, discussion, lectures etc. or summarising books and other written material.

In a nutshell
The key to getting maximum value from the technique is to establish good technique and be prepared to experiment. Following the basic ‘how to’ guide on the far side of this page will be a good start point.

Using Mind Maps
The Mind Map above provides a high level overview of some of the uses and benefits of Mind Maps. It also acts as an example of how Mind Maps should be constructed and illustrates the ‘laws of Mind Mapping’ that you can find to the right.

How to Mind Map - The Basic Laws
1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.
2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line (known as a branch). Each word or picture sits on its own line.
3. The lines make the association between ideas as clear as possible. Make them flowing and organic, each line should be the same length as the word or image on it. Always ensure that lines connect to the end of the line at the previous level.
4. Experiment with different ways of linking and emphasising different aspects - use highlighters, codes and arrows.

Special note: Illumine topic guides are intended as a quick overview and practical guide. They are a personal interpretation of the topics based on our experience as trainers and practitioners of the techniques in question.

Find out more...
Training
- Details of Mind Mapping for Business courses and workshops are available from Illumine (www.illumine.co.uk/mind-mapping-training)
- Learn how to Mind Map with our e-learning course (www.illumine.co.uk/e-learning)
- Mind Mapping is also covered in detail, along with Speed Reading and Memory, on the Advanced Thinking and Learning Workshop (www.illumine.co.uk/atlw)