

ROBB ZBIERSKI

DISCOVERING YOUR Memory Power

Before We Begin

Let's Have Some Fun



Tips for Remembering Names

SLOW DOWN and Listen



YOUR MEMORY SN'T GOOD OR BAD T'STRAINED OR IT'S UNTRAINED.



Tips for Remembering Names

- SLOW DOWN and Listen
- Repeat The Name (2-3 times)
- Use their name when leaving



Let's Evaluate

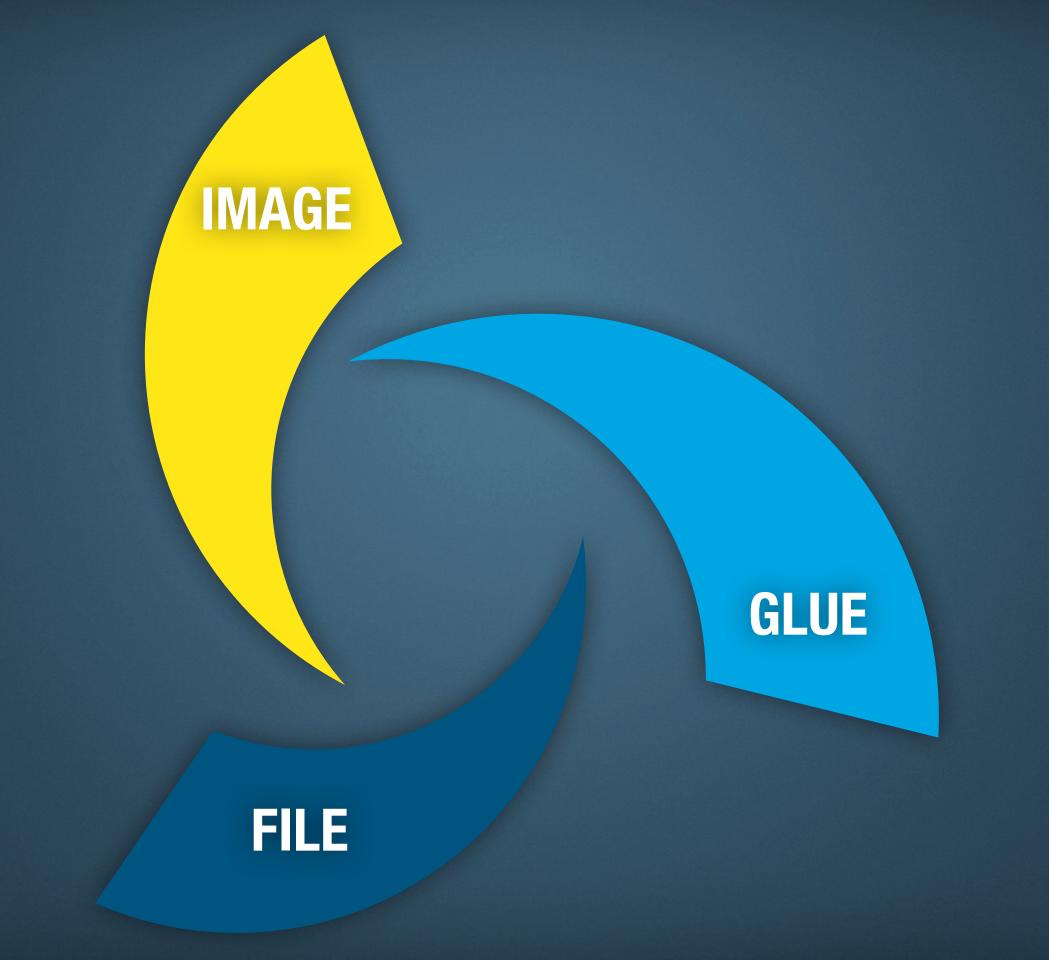
- Create a list
- AnyTHING in the world



ne#1 KILLER OF YOUR MEMORY IS STRESS







FILE

A PLACE TO STORE INFORMATION

IMAGE

VISUAL REPRESENTATION OF INFORMATION YOU WANT TO RECALL

GLUE

ACTION AND EMOTION

Practical Application

Memorizing Presentations w/out Notes



Practical Application

- Pick 10 places around the room
- Glue images that represent the points
- "Tour the room" to deliver the presentation



Fun Application

Call Out Item or Number From the List



Connect With Robb

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