

SpeedReading – Morning Session

Trainer



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- Coach, business consultant, since 1989 self-employed initially in his own service company
- Numerous further trainings to be a lecturer (NLP, train the trainer, learning and knowledge systems, reading methods, etc.)
- Lecturer at the Goethe University Frankfurt, University Siegen and TU Darmstadt

Objective

Books and secondary literature should be read, the selection and evaluation of scripts and journals is still on and time is running! How to master the flood of information? When should you read all this? And how can you keep the important issues in mind? In this online seminar, you learn to read two to five times faster - in just seven parts of an inspiring online workshop.

Description

You will learn five different techniques for different text types and train them already in the seminar. In addition, you will learn how to excerpt the relevant parts, to evaluate and memorize in order to prepare your theses.

The contents of the workshop are:

- Detect the current reading speed
- Train different reading techniques for different reading requirements
- Information on how to use your brain much more effectively
- Preventing stress and increasing concentration more easily

Methodology

This online course takes place in 7 modules (18 Nov-9 Dec), each comprising a live session on ZOOM, associated tutorial videos, and exercises provided in the respective download area.

The participants have to be present at **all** live sessions and can then freely allocate the time to watch the videos and carry out the exercises. However, this should be completed by the start of the next live session.

Our unique interval training which will already provide your success during the workshop can be used later on for no extra charge. You will receive all audio files and exercises. You will consolidate your new status quo with only one training session per week. You will increase your reading abilities even further, if you continue your training sessions every two weeks (each about 10 minutes), after the course.

The workshop takes place with **the same content in the morning and in the evening**. It is not possible to switch between the sessions.

This is the registration for the morning course.

Dates - Start 10 o'clock:

The estimated duration of the modules given below includes live session and self-study time

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|-------------------------|------------------------|
| 1) 18 November (2:30 h) | 5) 2 December (2:10 h) |
| 2) 21 November (1:15 h) | 6) 5 December (1:30 h) |
| 3) 25 November (1:05 h) | 7) 9 December (1:00 h) |
| 4) 28 November (1:35 h) | |

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	See description
Registration	For registration click here