

## **Double Your Reading Speed, Quickly!**

### **1 To 1 Private Speed Reading Program**

**Blast through emails, books and reports, save valuable time, be more productive.** The benefits of speed reading are obvious. In this fun, fast-paced speed reading program you will discover the reading techniques used by highly effective people to read faster, boost their productivity and get more done each day. Plus go beyond traditional speed reading programs by learning how to remember much more of what you read through the use of powerful memory techniques.

**Program designed and delivered by Australian Memory Record Breaker Chris Lyons who in 2006 correctly recited Pi to 4,400 places without error.**

*Chris has appeared on The Today Show, A Current Affair, Today Tonight and demonstrated how effective these techniques can be on radio stations all around Australia. In 2008 Chris won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.*

#### **Purpose Of Program**

- To give you a rapid introduction to the most effective speed reading techniques
- To show you how to double your reading speed and tackle information overload
- To provide you with a simple framework to help you apply and practise your new speed reading skills

#### **What You'll Learn**

- **Speed reading** - how well do you currently read and what's possible?
- Why most people read below their potential and with poor comprehension
- 4 key techniques to increase your reading speed, comprehension and recall
- How to quickly double your reading speed through effective practice
- How to remember more of what you read using the BDA approach
- How and when to make notes to maximise comprehension and retention
- How to combine speed reading with memory techniques for maximum recall
- Reading strategies for different materials and purposes
- Common reading traps and how to avoid them

#### **Who Will Coach Me?**

Speed reading programs are delivered personally by Chris Lyons who doubled the Australian Memory Record by reciting Pi to 4,400 places without error and won the Australian Memory Championships Names competition by correctly memorising 46 people's names in just 5 minutes. Chris has appeared on The Today Show, A Current Affair, Today Tonight and has demonstrated how effective memory techniques can be on radio stations all around Australia.

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## Frequently Asked Questions

Before you register below for your Gloop 1 to 1 coaching program, here are the answers to some commonly-asked questions.

### 1. How Is The Speed Reading Program Structured?

For your convenience, you can choose between two delivery options both of which cover the same material, whether done online or face-to-face:

- **OPTION A: Half Day Program.** Delivered in x1 four hour session, either a morning or an afternoon. Perfect if you want to cover all the material in the shortest possible time and in just one go.
- **OPTION B: 2 Session Program.** Delivered in x2 two hour sessions one week apart. Ideal if you find two shorter, separate coaching sessions more convenient.

With both options, the program is broken up in to a number of short modules each of which covers one or several key strategies or techniques, which progressively build on each other through the course of the training.

The material is delivered in a fun, relaxed and humorous fashion to ensure maximum engagement and retention. Regular short breaks are also taken to maintain attention and focus. In this way, it is possible to easily absorb and learn the techniques covered whether done in x1 four hour session or over x2 separate two hour sessions.

**Half day program discount:** As less preparation time is required when the program is done all in one go a \$100 discount applies to the half day program option, whether done online or face-to-face.

### 2. When Do The Sessions Take Place?

Available all year round and at a time to suit you, this speed reading program can be taken on weekdays, Saturdays or selected Sundays. Face-to-face sessions at Gloop in Sydney take place during the daytime. Online sessions take place during the daytime plus are also available on selected weekday evenings

### 3. Where Do The Face-To-Face Sessions Take Place?

Face-to-face sessions take place in Balmain in Sydney's Inner West which is 5km or 10 minutes from Sydney. Face-to-face sessions take place during the daytime. Alternatively, coaching programs can also be delivered at your home or place of work within the Sydney metropolitan area at no extra charge if done in one session. Not in Sydney or prefer not to travel? You can also take this training as an online program from the comfort and convenience of your home or office, see next two questions for details.

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#### **4. How Does The Online Program Option Work?**

For online programs we use a web-based training delivery platform which enables us to share video and audio in real time. So it is similar to a face-to-face session just done via computer or tablet and over the internet. The platform also allows us to share documents and you are able to view the supporting powerpoints we use as we progress through the training. For online programs you simply need broadband internet access plus a computer with webcam and mic.

#### **5. Is There Any Difference Between The Online And Face-To-Face Programs?**

Both options are live, one to one training and cover exactly the same ideas, techniques and content. Some people prefer to learn face-to-face in the same room and so this is a good choice if you are based in (or can travel to) Sydney. Online programs offer more flexibility in terms of scheduling and can also save on travel time and costs. Both options work well, cover the same material and achieve the same results.

#### **6. How Much Does The Speed Reading Program Cost?**

The speed reading coaching program costs \$595 including GST based on x2 two hour sessions one week apart, whether done online or face-to-face. If the program is done in one half day session of 4 hours, less preparation time is required and the cost is \$100 lower, \$495 including GST.

If you are interested in the program but it is beyond your budget, you can reduce the cost by taking the program with a friend, family member or colleague - see the next question.

#### **7. I Think Some Of My Friends Or Colleagues Would Also Benefit From This Coaching Program. Is It Possible To Take The Program With Someone Else?**

Yes, you can take this program with up to 2 additional people at the same time. The cost for each additional person is \$200 including GST. So if you take the half day program with a friend or colleague the total cost is \$495 + \$200 = \$695 or under \$350 each - a saving of c\$150 per person.

#### **8. Is This Program Suitable For Students?**

Learning how to study effectively is crucial to academic success. For this reason, we offer separate 1 to 1 programs specifically tailored to the needs of students...

- <http://www.gloo.com.au/study-skills/study-skills-program.html>
- <http://www.gloo.com.au/study-skills/university-study-skills-program.html>

For high school students we also run a special Essential Study Skills 1 Day Workshop at various times throughout the year in Melbourne, Sydney, Brisbane and Canberra. For details please visit <http://www.gloo.com.au/study-skills/study-skills-course.html> or call us on 02 9089 8892.

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### 9. I'd Prefer To Attend A Public Course. Where And When Are The Next Ones?

Our next memory skills/speed reading public courses are taking place shortly in Melbourne, Sydney, Canberra and Brisbane. For details visit <http://www.gloo.com.au> or call 02 9089 8892.

### 10. I Work For An Organisation. Can You Deliver This Program At Our Offices?

Yes. For details please call us on 02 9089 8892.

## Interested?

*Simply visit...*

<http://www.gloo.com.au/speed-reading/speed-reading-program.html>

*...and submit the 60 second enquiry form.*

We'll then contact you within 24 business hours for a quick chat to check that the program is right for you and to discuss your preferred coaching times. Or if you prefer, you can contact us directly on **02 9089 8892**.

**Did you know?** We've now been running courses for over 10 years and we've never had a single customer complaint or refund request, not one. Just exceptional feedback.

"A brilliant approach to speed reading and memory coaching. Truly original and refreshing. It was enjoyable and great to learn these skills that will help improve my focus and productivity. Would highly recommend Chris."

**Michael Barca, Sales Professional, Sydney**

"My reading speed more than doubled after just one session. I always had a strong memory but Chris's techniques have improved it even further. Well worth it."

**John Havas, Manager, Risk and Compliance, Commonwealth Bank**

"Doubled my reading speed in a very short time. Simple processes, easy to remember."

**Mark Elworthy, Director, Merrill Lynch**

"The speed reading course was fantastic - it will save me time in all aspects of my life. I would highly recommend this to anyone who reads."

**Lucy McInnes, Boral**

"The biggest benefits for me have been that I can now remember when I need to and cover a lot more written material than previously - a significant boost to my productivity."

**Lyndie Spurr, Executive General Manager, Royal District Nursing Service**

"A must for business people."

**Bronwyn Matthews, General Manager, Mercury Telephones**

**Interested?** Please visit <http://www.gloo.com.au/speed-reading/speed-reading-program.html>.