

Course Title	Speed Reading	Duration	One day	General
Outcomes	By the end of this training, your delegate will: <ul style="list-style-type: none"> ✓ understand the techniques used in speed reading ✓ recognise the barriers to effective comprehension ✓ develop plans to improve comprehension ✓ demonstrate an increased comprehension and reading speed 			
Prerequisites	None			
Session	Aim	Content		
Introduction	To explain the aims of the course and understand particular objectives of individuals	<ul style="list-style-type: none"> ◆ Introductions ◆ Understand the objectives and the process of the course ◆ Agree what outcomes are required 		
The context of speed reading and the five step system	To understand the techniques used in speed reading	<ul style="list-style-type: none"> ◆ Define reading ◆ History of speed reading ◆ Establishing reading speed ◆ Understanding the five step system 		
Scanning & Skimming	To recognise the barriers to effective comprehension	<ul style="list-style-type: none"> ◆ What is scanning? ◆ What is skimming? 		
Note taking to aide comprehension	To be able to develop plans to improve comprehension	<ul style="list-style-type: none"> ◆ Taking notes ◆ Mind Mapping ◆ Practice 		
Increasing Reading Speed	To be able to demonstrate increased comprehension and reading speed	<ul style="list-style-type: none"> ◆ The relationship between brain and eye ◆ Poor fixation ◆ Pacing and practicing 		
Book this course now :				
Cost	Price Code A			
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