



CORPORATE

# MEMORY SKILLS

COURSE

***Master Your Memory in Just 4 Days***  
*& unleash the power to record, retain, and recall  
information within seconds!*

**Boost your Memory to  
Boost your Performance!**

*A team of faster, smarter, & better  
brains can help your organization  
grow exponentially.*

*"An organization's ability  
to learn is the ultimate  
competitive advantage."*

**Jack Welch**  
*Former Chairman & CEO of General Electric*

**Course Endorsed by**

Dominic O'Brien - 8x World Memory Champion  
Tony Buzan - Inventor of Mind Map  
Emma Alam – World Memory Champion 2020

**Inspirationally Taught by**

World Class Expert, Sania Alam  
Super-Learning Master Trainer



There is no such a thing as

**GOOD or BAD Memory.**

It's only **TRAINED or UNTRAINED** Memory.

*Just as we can strengthen any other muscle in our bodies, likewise, we can train our brains to remember more and learn anything faster.*

### **What is Memory Skills Course?**

Are you constantly forgetting not only basic To-Do Lists but also **VALUABLE & NECESSARY INFORMATION**?

Do you often forget important bits of information from your business meetings?

Do you struggle to remember the name of the person you were introduced to seconds ago?

*In business life, you cannot afford to be forgetful, as it can be costly.*

These days, smart devices have become extensions of ourselves in ways that allow us to do almost anything with ease — But, no matter how advanced technology gets, it is not a substitute for our memory.

## **Master Your Memory!**

Learn to capture as much information as possible, create key associations to remember even the smallest of detail and become **'brain-fit'**.

With brain training techniques from around the world, transform your memory by re-mapping memory input and retrieval system with interactive memory training programs and that will teach you time proven methods for Memory-Development, allowing you to put conscious and subconscious into communication so you can retrieve what you perceive.

When you actively engage in ways to make remembering information easier, your brain becomes better at it.

*Nobody is forgetful by nature,  
it's a skill that can be learned!*

# WHAT YOU WILL GAIN



## MEMORIZE

anything much faster. Become an expert at Recording, Retaining & Recalling information on demand.



## NEVER FORGET

important names, faces, numbers or dates ever again.



## LEARN

memorization techniques to acquire new skills or information faster, for a competitive advantage in your business.



## BECOME

mentally sharp and improving your short-term & long-term memory.



## DELIVER

speeches & presentations confidently and effortlessly from memory.



## IMPROVE

your overall work performance, with a faster, sharper more focused brain.



## ENGAGE

in ways to make remembering information easier.



## EASILY

learn foreign language vocabularies.



## RECORD & RETAIN

specialized terminology from professional fields.



## SPEED UP

your brain's information processing power



## UNLOCK

your brain's information processing power



## ADOPT

techniques to prepare for content-rich exams.



## PRACTICAL

step-by-step guide on how to apply the learnt memory techniques in professional fields such as ICT, Chemistry Medical, Biology, Geography, Accounting, Economics, Mathematics, Law, Physics, Engineering & more.



# We are CHAMPION MAKERS!

We are experts in the field of memory development and have trained students who have competed in multiple international memory championships and with their exceptionally sharpened memory skills have won the World Memory Championship and received 3 titles of Guinness World Records.

Emma Alam

## WORLD MEMORY CHAMPION



**2x GUINNESS  
WORLD RECORDS**

*for Most Names &  
Faces Memorized*  
218 names in 15 mins

*for Most Random  
Words Memorized*  
410 words in 15 mins



# Meet Your TRAINER

# SANIA ALAM

**CEO, FUTURISTIC LEARNING U.S.A. & PAKISTAN**

**Coach of Award-Winning Mind Sports Athletes**

including World Memory Champion, World Speed Reading Champion, World Mind Mapping Champion (J), holders of multiple Guinness World Records, Pride of Pakistan by ISPR and Recipient of Sitara-e-Pakistan Award 2022

**Entrepreneur**

**Global Keynote Speaker**

**1 of the only 4 in the World**

Senior Licensed Instructors of  
Super-Learning

Recipient of:

**Sitara-e-Pakistan  
Award 2022**

**Professor**

Buzan Global Academy

**Corporate Trainer**

Speed Reading, Memory  
Skills & Mind Mapping

**Visiting Faculty Member**

**Pakistan Army's**

Command & Staff College,  
Quetta



Declared:

**Brain of the Year 2023/2024  
by UK's Brain Trust**



Recipient of:

**Lifetime Achievement Award  
by President Joe Biden, U.S.A.**



Recipient of:

**Youth Excellence Award  
by Prime Minister of Pakistan**

## A Few of Sania Alam & Futuristic Learning's Clients



**Pakistan Council of Scientific &  
Industrial Research (Ministry of  
Science & Technology)**



**Officers of Pakistan  
Army's Command &  
Staff College, Quetta**



**Engro Fertilizer  
Renowned  
Fertilizer Industry**

**AS SEEN ON:**



**TRIBUNE**

THE EXPRESS

**Daily Herald**

**Evening LEADER**  
theeveningleader.com

**HELLO!**

**FOX 28**

**People**



# BONUS

## Course Includes

### How Memory Works

- Introduction to Memory Skills
- Types of Memory
- 3 Stages of Memory
- 5 Keys of Memory
- Tips for Boosting Performance
- Most Important Graph in the World

### Core Memory Systems

- Link System
- Peg System
- Journey Method
- Body System
- Alphabet System
- Mind Screen
- Memorizing Schedule & Appointments

### Language of Numbers

- How to Memorize any type of Numbers
- Memorizing Dates & Events
- Memorizing Debit Card Numbers

### Remembering Names & Faces

- How to Memorize Names & Faces
- Tips to Boost Recall of Names

### Mastering Presentations & Speeches

- How to Remember What you Read
- Memory Tools for Presentations & Speeches
- How to Deliver & Prepare Powerful Presentations
- How To Overcome Fear of Public Speaking
- How to Use MIG for Powerful Presentations

- Tips from World Memory Champion
- Brain Boosting Exercises
- Access your Emotional Intelligence
- Tool to Achieve Mental Clarity
- 10 Exclusive Brain Entrainment Soundtracks designed by Futuristic Learning

### Memorizing Geographical Details

- Memorizing Geographical Details, Facts & Figures

### Memory Tools for Language & Vocabulary

- Build your Vocabulary in 3 Easy Steps
- How to Memorize Words
- How to Memorize Spellings
- Memorizing Foreign Vocabulary
- How to Memorize Quotations
- Memorizing Acronyms & Abbreviations

### Mathematics, Equations, Engineering & Physics

- How to Memorize Mathematical and Scientific Formulae and Equations
- Pegs for Mathematical Symbols
- Pegs for Greek Alphabets
- Memory Tools for Engineering
- Memory Tools for Physics

### Business Studies, Accounting, Economics, & Law

- Memory Techniques for Business Studies
- Memorize Important Law Facts
- Memorizing Economic Acronyms
- Memory Tools for Accounting

### Medicine, Chemistry & Biochemistry

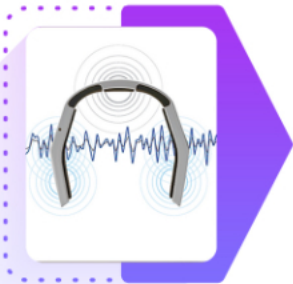
- Memorizing Medical Facts
- Tools for Chemistry & Biochemistry
- Certificate of Course Completion

**We bring to you, multitude of**

# Breakthrough-in-Brain-Science Technologies

**all infused in a single course, so your team can reap optimum results!**

## PEMF Head Band



By applying non-invasive energy into the body, it stimulates the cells to help them function the way they were intended to. This device emits electromagnetic waves at different frequencies such as Delta, Theta, Alpha, Beta, & Gamma, to improve cognitive performance, strengthen attention & focus, optimize your mental capacity, energize cells on a molecular level and revitalize the body and mind through brainwave entrainment.

## Eye Massager



Our eyes are constantly taking in tons of information about the world around us and sending it to our brain for processing. Without our eyes we would not be able to see the beauty of the world, therefore, eye health is very important. This device is designed to help regain eye vitality, relieve headaches, alleviate eye strains, insomnia, and everyday eye fatigue, through a soothing eye massage experience with heat, vibration, compression, & music via built-in speakers.

## Neck Massager



Most of our daily activities, can cause stress on the body, particularly, in neck and shoulders. Body stress hinders our ability to focus and be productive. Fortunately, massage is one of the best alternative medicine approaches for treating that stress. This latest technology-based electric neck massager is designed to deeply relax the neck muscles and nerves, provide relief from pain and stress, and release tight knots and tension caused by daily activities.

# Breakthrough-in-Brain-Science Technologies



## Brainwave Entrainment

Engineered soundtracks used throughout the course use particular brainwave frequencies in order to induce an altered state. Brainwave entrainment prompts the brain to access a particular state through a variety of different audio stimulations. Essentially, the stimulation convinces the brain's activity to synchronize to the external stimulation. Brainwave entrainment involves picking a sound associated with a particular brain wave to alter your state.

### BENEFITS

- o Optimum Learning State (alpha waves)
- o Increased Attention (gamma and beta waves)
- o Improved Memory (gamma and beta waves)
- o Mood Boost (gamma and beta waves)
- o Healthy Sleep (theta and delta waves)
- o Reduced Stress & Anxiety (alpha waves)
- o Enhanced Meditation (alpha waves)



## Cognitive Games

Improve memory, attention, flexibility, speed of processing, and problem solving while having fun playing engaging yet scientifically researched and designed games.



## Technology of Heart-Coherence

Activate Heart-Intelligence - Science-Based Technology for Psychological & Physiological Well-Being. Learn to emotionally stabilize yourself within minutes.



## Technology of Brain-Coherence

Ideal State of Mind - left-right brain hemispheres synchronization for improved brain functioning, greater mental clarity, inner calm, increased productivity and focus.



# HUMAN CAPITAL DEVELOPMENT

is the Key Factor for a Successful & Thriving Business!

Bring world-class training programs to your company! We train large or small groups of executives, managers, employees at a location of your choice and customize the experience to meet your objectives. **Invest in yourself & your team, TODAY!**



## COURSE DURATION

4 Days

10 a.m. to 5 p.m.

(Timings are flexible as per your team's schedule.)



## COURSE MATERIAL

Provided by Futuristic Learning



## COURSE COST

\$299 per-person

10% corporate discount provided upon 20+ enrolled participants.

(Minimum 20 persons enrollment required for on-site trainings.)



## VENUE OPTIONS

### Option 1 – Our Venue

Futuristic Learning Institute (Karachi, Pakistan)

Capacity of 22 participants

### Option 2 – On-Site

At your organization's premises or a venue of your choice.

*(Please Note: Travel, boarding and lodging for trainer and assistant will be borne by your organization if training conducted outside of Karachi, Pakistan.)*



**FuturisticLearning**  
A Hub for Life Transformational Courses

[www.futuristiclearning.com](http://www.futuristiclearning.com)

Super-Learning Systems  
**+92-300-0044841**

Self-Management Systems  
**+92-321-3894095**

[info@futuristiclearning.com](mailto:info@futuristiclearning.com)



@FuturisticLearn



@FuturisticLearningNow



@FuturisticLearning



@FuturisticLearn



@FuturisticLearning