



## **Speed-reading workshop**

### **So much information – so little time**

As a result of mounting information, people are increasingly suffering information overload. What can you do to process information faster, gain time and create a better balance in your work and life? Speed reading is an important technique in achieving this.

### **Aim**

This workshop provides you with the skills you need to double your reading speed within a short time, and then further improve it through continuous application of the techniques.

### **Target group**

Anyone who has to process a lot of information and retain a great deal of new knowledge rapidly. Speed-reading techniques are mainly used for work- or study-related reading or to keep abreast of developments in your professional field.

### **Length**

Approx. three hours



## **Content**

- Introduction

How can you increase your reading speed while at the same time reading with more understanding? How can you create circumstances and apply techniques that improve your powers of concentration?

- Brainwaves

What is the influence of your environment on your ability to concentrate? When you read, it is important that your brainwaves are in a certain state. How can you influence your brainwaves?

- Reading test

A reading test is used to assess your current reading speed. The average reading speed in the Netherlands is around 250 words per minute, while our thinking process is many times faster; we think at a speed of 800 to 1400 words per minute.

- Reading

What is reading? In fact, reading is no more than translating symbols into images in our brains, with the aim of transferring the author's message to the reader.

- Why do we read relatively slowly?

Several issues cause us to read relatively slowly. During this workshop you learn about the three basic problems: subvocalizing, regression and fixation.

- Speed-reading techniques

Speed-reading world champion Sean Adam reads at a speed of 3850 words per minute with full understanding of content. Learn the techniques of this speed-reading champion.

- Speed-reading exercises

Ample time is spent practising the speed-reading techniques. Attention is also paid to reading from computer screens.

Most participants read twice as fast and with better understanding at the end of the workshop. You can further increase your reading speed by a factor of three to four through continued practice.



## **Programme**

- Introduction
- Brainwaves
- Reading test
- Reading
- Why do we read relatively slowly?
- Speed-reading techniques
- Speed-reading exercises
- Double your reading speed
- Reading test

**Millions of people all over the world consider learning effortless and easy speed reading to be one of the most clever and most significant experiences of their lives.**  
*(The speed reading book)*