

Getting the Most Out of the Program

Exploring the Enormous Potential of the Mind

INNOVATIONS

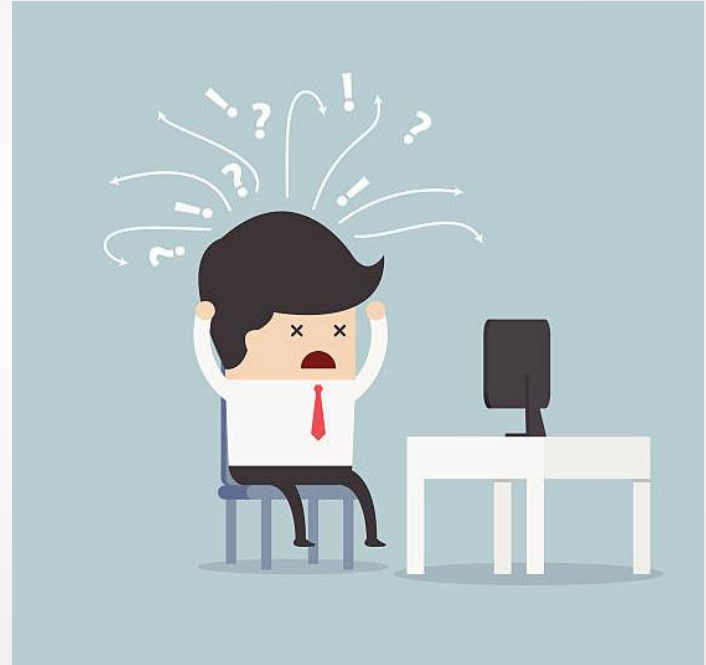
Your Brain Contains 100 Billion Neurons!



- Well, 86 Billion (according to some smarty-pants)
- 1 neuron may be connected to 100,000 others
- potential to process and retain a vast amount of information

The challenge

Recall information
when it is needed!



Get the Most Out INNOVATIONS & REMEMBER it!

- Memory involves 3 stages:
 - Encoding
 - Storage
 - Retrieval
- How improve?
 - Take Notes
 - Ask Questions / Schedule One-On-Ones!
 - Network / Knowledge Transfer
 - Rest / Relax / Enjoy!

Take Notes



- Helps stay attentive
“Most ‘memory failures’ actually represent failures in attention.”
(Mysteries of the Mind)
- Focuses the mind
- Enables a listener to review material later

Ask Questions

- “With all that you acquire, acquire understanding.” (Ancient Proverb)
- Don’t understand = Don’t remember
- Ask Questions
 - At appropriate times during presentations
 - At scheduled One-On-One’s
 - At other opportunities throughout the conference

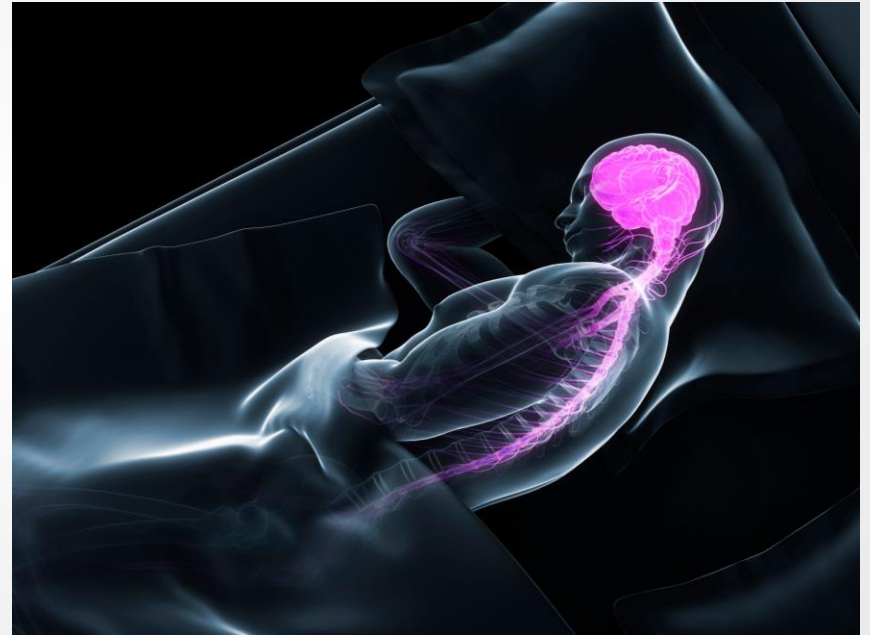


Network



Rest / Relax

- Drink plenty of water
 - Dehydration can cause mental confusion
- Get enough sleep
 - During sleep the brain stores memories
- Relax
 - Stress triggers the release of cortisol, which can disrupt nerve interactions



Enjoy!

Innovations

2020