



**AGA Austin Chapter
September 12, 2013 Luncheon**

Jana Owen shared facts, tips, and methods for Discovering Your Memory Power!

Facts:

- The human mind thinks 7 times faster than you hear/listen.
- Your memory is not good or bad; it is either trained or untrained.
- You can forget 70% of the information if you don't take/review notes.

Tips:

- If you improve your memory, you will be more successful.
- Bettering your memory will better your relationships with people.
- Reading material in your profession 30 minutes a day will help you be more successful.
- Relax! Stress is the #1 memory killer.

Methods:

- Use a notecard to read and comprehend information faster. Do not put the notecard under the sentence you are reading because this will limit your speed. Instead, put the notecard above the sentence, and move the notecard down the page.
- To remember the name of someone you just met, make sure to repeat their name 2-3 times within the first 30 seconds. You can repeat the person's name to make sure you heard it correctly, and follow up saying that it was nice to meet them. For example: Jane, right? It's nice to meet you Jane.

Upcoming Workshops:

- November 13, 2013: Reading Smart
- March 5-6, 2014: Memory Training

About the Speaker:

Jana Owens is an instructor and coach for Freedom Personal Development, a registered sponsor of continuing professional education with the National Association of State Boards of Accountancy.

Luncheon Information:

- Luncheons are held on the second Thursday of each month at Carmelo's Restaurant (on 5th St.).
- AGA members and non-members are welcome to join us at luncheons and earn CPE credit.
- Lunch (and dessert) is provided with your registration.
- Payment options: Pay at the door or online at <http://www.agaustin.org/aga-austin-reg.html>.