

Deep Reading – Hybrid

Effective strategies for the information age

Work focused, effective and screen-friendly

Mastering the information overload, dealing more consciously with electronic media, recognizing relevant statements better and remembering information more easily

Our opportunities to acquire knowledge have never been so great - but the quantity can also be overwhelming. The challenge is that most offers come via digital media, but our handling of them is still “analogue”.

In “Deep Reading”, you'll practice efficient processes for handling information in a practical way. At the end of the course, you will be more confident and secure in dealing with the information on offer. You will become more productive and stress-resistant, and your output will be better.

Course benefit:

You find the relevant texts faster, explore them more systematically, (only) in the required depth and thus more rapidly. Important content remains longer in your memory and is available when you need it. You reduce the increasing strain of reading on the screen (eyes, neck/back, psyche, concentration, etc.) and achieve better work results in less time.

Due to the high proportion of exercises, you will already experience your success during the seminar.

Set-up:

Alternating **4 webinar sessions** of 90 minutes each and **3 online training sessions** of approx. 45 minutes each, **spread over about 2 weeks.**

Course content:

In this course, you will learn brain-friendly reading and memorization strategies and practice using them within a wide diversity of texts – preferably directly on the screen:

- Successful approach to longer texts – with special features for screen reading
- Recognizing relevant/necessary text passages faster
- Reading and processing them more intensively
- Understanding and applying proven memory processes
- Reading behaviour appropriate to the screen including efficient handling of distractions
- Eye relaxation exercises – gaining energy for processing the text content
- Eye dynamic exercises for focused text comprehension
- Tests that provide progress monitoring and generate motivation