

Plenary Session

Breaking Through the Mental Pain Barrier

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Overview of the problem and its impact

Many people in the world today find it stressful to learn. Concentration, focus and being overwhelmed with work are such causes of these stresses impacting the ability of one's performance. People's mental capabilities are therefore limited to traditional rote learning systems which restrict a person's development and growth. As a result, they hit a brick wall.

Mental pain – Defining the mental barrier

What is it that creates the mental pain barrier? How do we define the barrier and break through it? In order to get what we want we must analyse the 'what', be aware of personal barriers, and find a strategy for solutions to achieve success. The question then remains - how can we stop people hitting brick walls so that we can achieve things that once were not thought possible?

The role of memory techniques

The answer lies within using our creative capabilities to connect imagination with structured way of learning. Memory techniques allow one to implement these systems and break through the mental pain barrier. Unfortunately, these techniques seem overwhelmingly difficult to those who have not experienced it. Even for those that know about these techniques, there is a stigma attached to the effectiveness and sound use of these skills to everyday life.

How it works

The Yellow Elephant Memory Model is a 4-step process allowing the brain to decode abstract into the meaningful to create an 'Association'. This Association is the core principle of memory which can be applied directly to learning, allowing phenomenal gains not only in remembering, but helping people perform extraordinary tasks of mental aptitude, like speed read a book within minutes and memorise and deliver that speech as soon as it is delivered. Understanding and using this concept is the first step to breaking through the mental pain barrier.

Visualization

A key ingredient of memory systems is visualization. It is the essential element to breaking through the mental pain barrier and going beyond. The talk will draw upon examples of using visualization to utilize the Yellow Elephant Memory Model as well as discuss various other forms of practical uses.

What people can do to break through mental pain barrier?

Learning memory techniques and principles allows one to do extraordinary things and learn anything in a short space of time. It helps maximise efficiency, manage time, reduce stress and of course break through the mental pain barrier. The talk will post three questions for participants to implement and walk away from the conference knowing how to maximize their potential.