

# **Storie di successo** **Genio in 21 giorni** **2018**

## **Testimonianze Inglese**





### Vijay Chhaya

I attended the course last March and I was utterly blown away all of the presentations. I am a teacher and so I was very curious about the learning techniques they use here and was a little sceptical about the aims of the course. It didn't last long though as the quality and thoughtfulness behind every aspect of the course was clear to see. I was able to memorise new words effectively. I could absorb information more efficiently through the mind-mapping technique. I could analyse new information faster and more thoroughly through the keyword technique. Above all, I was most impressed about the feeling of renewed vigour and motivation for chasing aspirations that was achieved by the end of the weekend course. On a more personal note, my mentor Jonathan, was so supporting and took no credit for organising a great event. He always delivered succinct mentoring sessions and has become quite the role model for me. He is a fantastic emblem of their brand and I'm really glad to have met him and every other member of the Genius in 21 days team.

### Cheryl Longa

The personal transformation and results I have experienced in a short time have empowered me to have the confidence and trust in my mind to achieve whatever I focus on. Learning how to learn is the best investment I've ever made on myself and has made learning so much easier, more interesting and more importantly, a pleasure! As a new entrepreneur starting up a business it was daunting and overwhelming trying to learn so much in a limited time. This course has enabled me to manage my time more effectively to research my ideas, learn business and personal development course content more effectively and action and implement learnings straight away. I have now gained a few more hours in the day to spend with my family and friends as a bonus. I also have the confidence to start learning new languages so I can travel and work abroad in the future, something which in the past I felt was impossible to achieve. My speed reading has improved and I now get immense joy from reading all types of material as I'm able to stay focused with fewer distractions when studying. I wish I had known about this course as a child as it would have helped with the self doubts I had about my abilities growing up and studying for exams would have been so much less painful. I truly recommend this course as I believe everyone should be able to experience this feeling of being able to free your mind to achieve your dreams. You don't have to be a certain age or job description to do this course, just having the curiosity or desire to be open to new learning and memory techniques is enough. A BIG THANK YOU to the team for their support and encouragement to bring the best out of me.



# Tommaso Lucentini

Hello, I am Tommaso, in November 2011 I took the Genius in 21 days course in Italy because I wanted to graduate on time. Before taking the course I felt I needed to graduate as soon as possible in order to create some job experience before stepping into the business world. From that course I studied my exams with my new study method, the results were fascinating. In the first semester I managed to study more than 5 subjects in just 1 month. The time I have saved allowed me to create my first job consulting project for young graduates. I managed to graduate at the first possible session, ranking within the best 5% of my 400+ students class, considering the graduation time and mark.

In March 2016, I attended the course again, this time in London, the city I now live in, when the first UK Genius in 21 days branch was created.

Before the course things were going great since I was managing an online community with 5k people and I was still giving job consultations to young people. But this time I wanted to raise the standards even more. At the time of writing, one year and a half after the course I attended in the UK, I can definitely say Genius in 21 Days course exceeded my expectations, once again.

I am now managing an online community with over 20k members, I have been nominated as a Crowdsourcing ambassador from an international association operating in my work field and I managed to start one more side activity that I perform in my spare time. What I can definitely say is that Genius in 21 Days course increased my confidence in hard and soft skills, in raising the bar and making me strongly believe that I can achieve anything I put myself to.

# Mario Laviña

Hi, my name is Mario. I am Spanish, and I am student at London School of Economics. I saw Genius In 21 Days in my first week of university when my university hosted a society fair. One of the stands displayed to speed read and use mind maps which were stuff I was interested in and had come across over on the internet but never fully applied them. This attracted me, so I talked to Jonathan who was on the stand and he invited me to a taster session. After attending the taster session, each time I studied I would not stop thinking on how to apply those techniques to make my studying more effective, so I decided to sign up for the course. The course was very inspiring, and not only did I learn a lot of memory techniques, but it taught me to push further than I believed was possible. I was so hyped after the course finished that I read a book in two days, not at all what I would do as I took 6 months to read the Hunger Games book. I carried out the daily exercises at the beginning with not a lot of discipline but as soon as I realised that if I wanted to see results, I would have to commit I went from reading 120 or 170 words per minute to reading 1100 words per minute! I practiced although less often the PAVs as I found them cool and from now on, I am going to master the PAVs just to



show off. Oh, and I almost forgot, in my exams the mind maps became very helpful as I discovered a new way of studying which made sure that I remembered things and not just what I did before which was repeat things over and over in my head until they stuck.

## Chon Un Chan

Hello, I am Alfred and I am a current MSc Nutrition student in UCL. When I was studying for my bachelor degree I spent a lot of time studying and preparing for my exams but I wasn't able to retain the information a few days after the exam. I decided to take the course to prepare for my master course wanting to put the learnt information into long-term memory.

I found the Genius in 21 Days course super useful. I now manage to spend less time studying but I am able to remember information a long time afterwards. My exam results during my MSc Nutrition gradually improved and I got a distinction in my latest module! Studying has been more fun since applying the techniques as it allows me to bring my creative side out and I enjoy it so much that I spend more time studying than I did whilst I was studying for my bachelor degree. I loved reading when I was younger but when I got older I didn't read as much as I found reading takes a lot of my time. After the course my reading speed increased a lot after using the techniques they taught. I went from spending a month to read a book during my spare time to now spending less than a week to read a book leisurely. It really helped me to find my passion in reading again and I have read many more books since then.

Since taking the course the greatest change for me has been the ability to find solutions whilst dealing with negative emotions. I used to dwell and pity myself when things didn't go well but nowadays when things go wrong, I am much quicker to switch into a proactive state where I can solve the problem in front of me. For example there was a time during my masters degree when there was an unfair allocation of dissertation projects, instead of feeling angry and sorry for myself I managed to email my professors and tutors and quickly found a new project to work with which I became super happy about again. I have grown so much during these past months, I am now more confident and more determined to go out and pursue my dreams. I would love to create a website where I can share my knowledge and experience in nutrition with others and it would be amazing to have the opportunity to be a health consultant where I can help many people achieve better health. I would like to thank all the mentors in Genius in 21 Days who have been the most supportive throughout the entire time. Their passion and their stories have touched and impacted not only me but many others as well to not only wanting to improve ourselves but to do more and help other people achieve greatness as well.



# Alexander Easaw

Many years ago at school I spent years trying to learn French without much success, and it's now almost totally forgotten. Through the course and mentoring sessions I have been able to learn and memorise the conjugations for all the major tenses in Italian (all regular verbs, plus to be and to have) in 1.5 hours and in 3 weeks have learnt almost 500 new words, all without hours of repetition and boredom

# Maria Salto Galdon

Hello ! My name is Maria and I am studying my first year at uni . I decided to take the course because I wanted to be able to use my time as efficiently as possible, being both able to achieve good results at uni, without having to put aside my hobbies and other interests. Looking back to the day I did the course, I realise how many skills I have improved: Now I am able to read much faster, create mind maps that help me memorise information in less time without stressing or feeling overwhelmed, and still have time to pursue other activities outside uni. I am confident that, as I progress, I will be able to learn from my mistakes, improving my study skills and creating increasingly better studying plans that will help me to achieve my goals.

# Jerome Williams

'My name is Jerome and I work in the Finance sector as a Data Administrator. I took this course last November, and I was really interested in improving my study method as I intended to acquire some professional qualifications in the near future. During the 3-day course, the memory techniques were of particular interest to me. It was good to learn about how we use our brains to store memories and the factors that can help to improve our memory. After learning the techniques, everyone at the seminar took a memory recall test of 20 pairs of unrelated items. I felt I could recall some of these items but I was surprised that I actually achieved a 100% recall rate. I was impressed by this as I had only been practicing the techniques for a short period of time. I'm sure I'm not the only one who was impressed as everyone at the seminar scored a 100% recall rate also!

Now I am applying a lot the mind maps technique which allowed me to prepare very well for very important interviews I had! I was learning 30 words every day in French for one month being able to spend only few minutes per day.



The speed reading part was excellent and was impressive how fast I was able to double the speed of my reading. With the tools I picked up from this course, I'm looking forward to enjoyably studying towards acquiring professional qualifications as well as learning new languages and enhancing my general knowledge. The instructors and collaborators massively contributed to making the course such a good experience. I send my thanks to them and I hope they continue to help improve the abilities of more people as they did mine. Thank you.

## Zachin Rao

My name is Zachin Rao. I am a student at Tulane University in New Orleans, Louisiana USA, and I am studying abroad at the London School of Economics for this academic year. I found Genius in 21 Days through the LSE societies fair; their banner about improving your reading speed and learning foreign languages faster intrigued me into conversation with Jonathan. After attending a free taster session, I decided that it was imperative that I take the course for myself. The days following the course, I immediately started implementing what I had learned: I changed the way I take notes in class, I started learning 30 spanish words a day, and I started implementing speed reading techniques. My new note taking method allowed me to understand "one of the toughest economic models we have done so far" (according to my lecturer) and see how certain factors affected other factors in this model with ease while my classmates were not able grasp a generic example of what we had just learned during that class. I took a trip to Barcelona 2 weekends after I took this course. As a result of learning, and memorizing, 30 spanish words per day, I was able to talk around 40-50% spanish with friends that I made there on my previous trip - granted it was broken spanish because I have not started learning grammar yet, but it was better than anything I could have done without the techniques for learning a foreign language. My favorite result, however, is my reading speed. I used to think I was a slow reader, and during the course my reading speed prior to learning the techniques was 172 words per minute. After learning and implementing the techniques, my fastest three recorded reading speeds have been 1040, 1100, and 1137 words per minute. I used another reading technique to read through a 235 page book in just 20 minutes! I am absolutely amazed with the results I have achieved only one month after taking the course, and I hope the story of my growth and progress aids you in making what I believe should be an easy decision: take the Genius in 21 Days course to discover a world of growth, motivation, and learning that would be extremely difficult to find without their techniques and desire to help you.





# Scott Cummings

Hi my name is Scott and I'm studying music at BIMM in London.

I attended the presentation because I was invited by a friend of mine. At the end of the session all three of us decided to sign up. The main reasons were to improve my memory and increase my efficiency in reading and learning in general. After attending Genius in 21 Days, I started working one to one with my Mentor Jonathan and I became more efficient right away. Performing general learning tasks effectively. I also learned how to do things with a directed aim towards a goal. This was, and is, very important since I improved my overall results by eliminating distractions and looking forward to what I could get done. I became better in organising my daily routines and my study. I learned how to organise my time independently and chase my goals by having a structured time and task schedule. One of the outcomes of this structure is a reduction of my anxiety that was much higher before I started to get organised. Another is that my focus is much better than before.

I have a system to memorise any kind of information now, for example with a bit of practice and my previous knowledge I developed a system to be more efficient when I have to deal with music sheets, chords and harmony. I didn't have too many problems in this area but this method improved and sharpened my mind. I definitely suggest Genius in 21 Days for any kind of person, even if just for a further development of everyday skills that will help to improve your focus towards tasks and increase your mental efficiency. It was a great experience and I know I can count on my mentor Jonathan if need him in the future. Thanks

# Emeka Okafor

My name is Emeka Okafor and I became part of the Genius in 21 Days family in 2018 during my undergraduate studies in Economics. The course has been an incredible experience and has paid huge dividends in my academic life.

After the course, I abandoned the conventional ways by which I took notes in lectures, memorised speeches and revised for exams.

I used to think I was a slow reader. However, like when learning any new sport or language, a great coach can highlight what you don't know and how to best move forward. The ongoing support provided by Yaw, my Genius in 21 Days mentor, helped me to consolidate what I learnt from the course and how to best apply it for my goals. "Speed Reading" is one of the many tools that the Genius in 21 days team can teach you to master. After implementing their techniques, I saw my reading speed shoot up. By Becoming a more efficient learner allowed, I was able to complete the Investment Management Certificate alongside my undergraduate studies. Genius in 21 Days highlights the value of metacognition. I would highly recommend it to anyone who wishes to develop a new and better model for learning.



# Emma Allsop

Genius in 21 Days has had the most positive impact on my life. The number of benefits it can bring to an individual is innumerable. I signed up to the course thinking it would teach me some learning techniques; how best to study and the proper way to use Mind maps as well as some speed reading techniques. But it gave me so, so much more. Not only does it cover the physical studying techniques, but it also introduces you to the emotional side of learning and understanding how big a role that plays in achieving the desired results. I can truly say that I have grown as a person because of this.

My partner had already taken the course and had told me great things about it. I also saw so much development in him and I thought that it could also help me. I am currently a teacher so thought that some of the strategies would be useful in the classroom and I am looking forward to trying some of them out with the children, but I am also going back to university to complete a Masters degree so I knew that this course would be beneficial for aiding me in that.

Genius in 21 Days is brilliant in the sense that it is suitable for all ages and abilities and you can take from it what you need. Different aspects and concepts will resonate with different people depending on their background and what they want to get out of it. It truly is for everyone and caters for everyone's needs and skills.

After taking the course, you are entitled to several mentoring sessions. At these I set my goals and targets with my mentor and am proud to say that I not only achieved them, but also surpassed them. I got further than I ever imagined. One of my challenges was to learn some British Sign Language as it's always something I've had an interest in. Not only did I learn my target number of words per month, but I was also able to video myself signing a short video which I then sent to a deaf friend. Another result which I am delighted with is my self-confidence has grown as a direct result of the course. In particular my confidence in working with numbers. My speed of memorising numbers and making connections has greatly improved. Just through a little practice and being in the right state of mind.

The mentors are all so encouraging and friendly and are there to help. They share all nuggets of information with you and are able to help and inspire whatever your goals may be. They are on your side and certainly give their all to help you. You are certainly in good hands!

Although you may think you are signing up for an Advanced Learning course, I can guarantee that you will get so much more than that. This course has given so much to me and I can't recommend it enough! There is always something to improve on or something new to learn and Genius in 21 Days is a course which will make it not only possible, but also enjoyable.





# Guillaume Bauwens

Two months after the course I have achieved my goals. I have learnt 1000 English words in one month, I have increased my speed reading by 4 and my comprehension by 2. The team is excellent and always smiling !! I sincerely recommend.

# James Goodwin

I work at the London Stock Exchange Group, working in their Global Business Development team. My main reasons for signing up to the course were to learn languages (French and Spanish) and memorising names for when I meet new people at networking events or other social occasions.

Results Achieved: Results Achieved: I am now approaching fluency (B2 level) in French with the end goal to be approximately C1 level (Advanced) in the future before then turning my attention to Spanish. I can now easily memorise names and commit them to long term memory, which is so useful with the amount of people I meet in my job. Additionally I have really benefited from speed reading and in 2017 I managed to read 52 books (a book a week) whilst still having the time to pursue other interests.

I feel now that I have overcome a number of self-limiting beliefs in terms of what I can achieve and this has really given me the confidence to go into any new situation with the knowledge that I can learn and retain information quickly. Similarly tasks that seemed daunting in the past like learning languages are now fun goals to pursue and I'm excited about what the future will bring.

# Stuart Duff

I took the course a few months ago and found it transformative experience. I am a 30 yr old chartered chemical engineer from Aberdeen working for an oil and gas engineering consultant in London. I came across this course by chance at a time when I was finding it difficult to manage my work life balance. I was very busy at work and also studying for a masters degree. I saw the course as an opportunity to improve my efficiency giving me more time to perfect my work and studies. I ended up learning far more than just the memory techniques. By the end of the course I had a new drive. I used the techniques to supercharge my studies revising all my courses in 2 weeks and achieving a 70% average in the exams. I was also able to be far more effective in work due to the trembling of my reading speed meaning I could quickly get to grips with new projects and technologies.



# Paulina Ajavon

This is to say a big Thank you and to congratulate you for delivering a most amazing course, which my daughter Ayele and myself attended in April. I thought I should write this now because of the invaluable benefits we are reaping from the course. It is one of the most wonderful things I have done in my life. Where do I start from, the hooks, a fascination in themselves, the amazing learning techniques, speed reading, mind maps, memory techniques etc. etc. All these specially designed to make learning enjoyable. In the words of my Ayele (15yrs) a few days after the course, 'Mum I never knew learning can be so interesting. The I feel it is one of the most useful investments I have made on my daughter and myself. Thank you again and again. Speak with you soon. Have a lovely day.

# Mikhail Volodchenko

I came to this course primarily to explore and find ways to improve memory – both short-term and long term, reading speed and understanding material, remembering names and ways I could start learning French.

The course has not only met my objectives above but also added a new dimension as to how I analyse and interpret data, manage my time as well as a very helpful public speaking tips and techniques. Using memory techniques, I have managed to memorise 700 French words in 28 days.

I use mind maps during meetings or when reading research to better visualise what has been said and it's much easier to go back and recollect all the broad topics as well as the details instead of using old technique of unorganised bullet points which were bland and disorganised. I also intend to use the techniques that I have learnt to memorise names and faces during meetings. With respect to time management I am better at focusing on the task at hand and finishing it rather than try to multi-task and ultimately not conclude any of tasks in time.

My personal mentor was awesome and extremely helpful in every possible way in helping me solidify the techniques learned during the course through her thorough approach of analysing day to day work or personal activities.

I highly recommend this course and am very grateful to my mentor and the whole team

# Vanessa Lowe

I was extremely cautious and reluctant at first about taking the Genius course, but I was intrigued by the memory demonstration and wanted to find out the secret behind it, so went along. It was hands down one of the best decisions I've ever made. After the first evening of the course it's easy to see that it's something



unique and special. You genuinely don't think you'd be able to achieve what you can achieve until you've done the course, and the impossible is suddenly a simple task. I thought there'd be no way I could memorise that many numbers or words, or read that quickly and remember it, but now, it's not even remotely a barrier. I use what the course has taught me, in some way or another, literally every day. From remembering my shopping list to how I manage my money and time! At work I need to read a lot and retain all sorts of information, that before, I'd spend a lot of time on and be stressed about. Now, it's not a concern and I'm 100% confident that if I need to read something I can do it quickly, and if I choose to, I can remember that information to whatever degree of detail I want, forever. I happily give presentations and speak publically now because I know exactly how to remember what I want to deliver and confidently express it. I mind-map everything, my day to day tasks, taking notes in lectures and reading academic papers, they're so useful.

I was learning Spanish before I joined the course, then me and my mentor set a challenge to learn 1000 words in a month with only 10mins of revision each day and I managed it with ease and speak Spanish much better than before. I have improved my confidence in my sport and used the relaxation techniques to perform at my peak. You name it, I likely have applied the course to it. The course isn't necessarily advertised as a personal growth course, but even though I loved the mind-mapping, speed-reading, memory techniques etc, there's a whole other level to the course that explores your internal motivation and emotional growth that I unexpectedly found the most valuable aspect. I look at every challenge and scenario in a completely different mindset and feel much more prepared to deal with whatever circumstance I'm faced with.

I could go on and on and on, it's hard to give the course justice by written text, but in short; I absolutely recommend the course, it's a great self-investment, regardless of age or profession everyone can get a huge amount out of it and it'll change your life for the better.

## Mohammad Rehman

I specialise in implementing and maintaining HR and Payroll systems. I currently work for a leading university in London.

I was attracted to the Genius in 21 Days course because it offered techniques to improve one's memory as well as other learning and memory management tools. I have always struggled to memorise lists or numbers. This affected my academic studies as well as my performance at work. The Genius course provided me with an amazingly simple range of techniques to remember any list or number – even very long numbers that I never thought I had any hope of remembering! I had never imagined that I would be able to memorise things



so easily and recall them many days later. The memory management system that Genius has taught me helps me to do just that.

I also learned a technique to create powerful mind maps, which I am now using to plan my work, tasks and deadlines. I had been using mind maps before, but this course teaches to make them in a much more powerful way which significantly increases their effectiveness.

I am currently undertaking a nine-hour speed reading course which is included in the price of the Genius in 21 days package. I find that the techniques being taught are very powerful and I am confident that my reading speed will at least double while still maintaining my level of comprehension.

As if this was not enough, I find that the most useful part of the course are the mentoring sessions. In most courses, the participants do not get to practice what they have learned and slowly over time, most of the learning is forgotten. After the Genius in 21 Days course, a personal mentor is assigned to each participant. In one-to-one sessions, the mentors make sure that the techniques learned during the course are reviewed and practiced, so that they are properly understood and applied. I have benefited tremendously from working with my mentor – Clara. She takes a keen interest in my progress with the techniques and offers handy tips and advice to get even more out of the course. I can whole-heartedly recommend the course to anyone who wants to improve their memory and learning techniques. This course is much more than a one-off training session and can provide a life enhancing set of tools, techniques and concepts.

## Christina Karuna

Innovation Project Manager I took the course in 2018 and it truly changed the way I approach different areas of my life. It showed me what amazing potentials were hidden from me all these years. Having had always believed that our memory can not be improved, that studying or learning a new language are linked to boring, at times unsatisfying and time consuming sessions, I had fun discovering the new tools that are helpful to address and eliminate exactly these issues and make studying, reading, learning new languages, acquire new knowledge which is useful for a career growth, learn technical terms in only seconds and make sure I will remember them later so much more enjoyable. I am grateful for the toolsets I was given by the team and their persistence in making sure I know how to use those even after the course. I have started learning french, reading a book every week and have an entirely different perception of learning now. In only 3,5 month I have read 10 books, my reading speed has tripled without compromising comprehension and even helped improving it. Preparing 200-slide analysis and reports as well as memorising them has become something so simple, that my confidence when holding the



presentations has benefited from it as well. A holistic approach to learning is what I enjoyed the most, depending on the individual needs emotional and social intelligence as well as business related skills can be improved and optimised to enable better relationships, more spare time, more effectiveness and better results at work. This is the first and only course that provides not only the techniques but also the needed guidance and support which helps change learned behaviours such as procrastination, bad time management and negative associations with learning and make new routines natural.

### Dr Kadiyali M Srivatsa

I am a doctor, author and created a tool to help fight infections and save lives. I travel, meet diplomats and leaders all over the world. My vision is to bring tears of happiness by offering a solution to prevent superbugs spread and kill millions in the near future. As time passes by, we all go through periods of good, bad, happy and sad times. These are memories that must occupy space in our brain. We also start realising our brain is getting rusty.

I have been talking about wasted thoughts, necessary thoughts, negative and positive thoughts. The traumas I went through my life in the last few years have been saturating my mind with information that I don't need. I trying to erase wasted thoughts from my memory, so that I can move forward and enjoy my life. Because I erased wasted thoughts, I found it hard to associate names, places and stories to help me retain acquired information. This resulted in making me stumble, be vague and feeling secure when I deliver lectures, remember names of diplomats, important people and also date and time of meeting I am expected to attend.

I met Gulia and the Genius team in a meeting. They explained to me about Genius in 21 days. They were honest and very passionate about what they do, and so I signed. The weekend course was very moving and I know that the technique will benefit me in the future. I have successfully managed to remember twenty words and am in the process of mastering this method. I need to practice and master this and am sure this will make my mission in life and my vision a reality.





### Nora Deme

Initially I was afraid the course wasn't worth the money but now I only regret not having taken it much sooner!!! In only 2 weeks I increased my reading speed from 172 words/minute to 473 and still growing! I can now spend more time with my loved ones despite of studying besides working! Unlike other courses, Genius in 21days includes invaluable one-to-one mentoring sessions which ultimately helped me memorise 1012 Italian words in 18 days, additionally I learnt some grammar, so I can already speak on a basic level!!! It was fun and easy and the new learning methods are saving me hundreds of pounds of course fees! Genius in 21 days has been the best investment ever!

### Stella Maher

I did the Genius in 21 days course in January and I have to admit that I had some misgivings about enrolling for the course because I was not convinced that it would deliver all that it promised. By the end of the first day of training, I was so glad I'd decided to enrol for the course and by the end of the three days, I realised it was one of the most unique and fascinating trainings I'd ever done in my life, and I've attended a lot of trainings.

The techniques you learn are so practical and can be applied to all areas of your life, at any stage of your life. I find the memory technique particularly useful. It's fun and takes you back to your childhood when there were no cares or worries to restrict where you could take your imagination. It's such a powerful tool for remembering and retaining information, particularly numbers. The speed reading and mind-mapping techniques have helped me to become more efficient at reading large volumes of text and remembering the information. The training also covers other areas that reinforce the importance of a happy, balanced and fulfilled life. I highly recommend the Genius in 21 days course for everyone - professionals, workers, young people or anyone who wants to improve the quality of their life, the quality of their learning or become more efficient at consuming and retaining information.

### Lukas Restle

I work in management consulting, where there is lots of information and new ideas, but very little time to engage with it and to store it in your brain long-term. The course allowed me to absorb, structure and memorize large



amounts of information in a much more efficient way. Now I can shift my focus on listening, relationships, and have more time for the creative parts of my work. The course provides powerful techniques that actually work. What sets the course apart is its structure and that the team makes sure you can actually apply the new techniques to achieve your individual goals. I only regret that I did not do it earlier in my life. I want to thank the entire team for this fascinating and fun journey.

## John Chatterton-Ross

I left the police service in 2007. Since then I have worked for the Fédération Internationale de Motocyclisme. I work as Director of Public Affairs. As a not for profit organisation we devote some of the revenue from professional motorcycle sports – at the World Championship Level – to defending the interests of street riding motorcyclists as well as sports men and women.

This involves a wide range of activities on international traffic laws, EU regulations and UN regulations on the technical standards for motorcycles, protective clothing, helmets and many other issues. A current hot topic is the interests of motorcyclists (and other road users) now that we see the arrival of semi-automated cars on the roads. I am one of two members of staff in FIM not based at our HQ in Switzerland. As with a colleague in Ireland I work from an office at my home. I also travel a great deal on business. I was finding that my working life was becoming inefficient. The symptoms included:

- The daily “to do” list had morphed from being my friend to a self-imposed tyranny of too much to do...
- A tendency to write emails as if I was composing handwritten letters
- A scattergun approach to all tasks going from one thing to another
- A habit of “instant response” to incoming emails – generating yet more emails
- Loss of control over working hours – something I am sure others who have the privilege of working from an office at home will recognise!
- No time for personal reflection
- No time for doing things outside work that I want to do – for example years of ineffective attempts to learn another language

What the course has delivered so far: I have completed the weekend but only just commenced the follow-up modules and mentoring.

The main effect is having much more time. Junking the bad habits and planning the next day (and weekly overview) makes a huge difference.

The mysteries of mind maps have been revealed. Even a simple plain one in pencil as a replacement for the “to do” list works wonders. The same thing done in a different way and (for me) it works. For those who have tried mind maps before and failed -maybe through using a computer system before

learning how they really work – do give it another go. Doing more with pencils and pens and colours is great fun. It is nice to get back into touch with things that were fun when we were young! – They still are fun.

At a more philosophical level: It is important to be open-minded with this course. – Especially if you have a background like mine with very traditional education. I struggled on the Friday evening at the start of the course and thought I might give up there and then. One of the mentors spotted this. Once I relaxed and gave it a go, things changed.

In this course you meet a lot of interesting people and learn about how to make today more effective. It is good to change the situation where today is only the tomorrow you worried about yesterday...

The atmosphere is positive and light. It is certainly the most enjoyable education that I have ever been involved with! It is a safe environment. Nobody will be made ever to feel that they have “failed” within this course.