

# **Storie di successo** **Genio in 21 giorni** **2019**

**Testimonianze inglesi**

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# Alfred Chan

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 reading a book during my spare time to now spending less than a week reading a book leisurely. It really helped me to find my passion for 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 master's 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 of 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 want to improve ourselves but to do more and help other people achieve greatness as well.



### Emeka Okafor

My name is Emeka Okafor and I took Genius in 21 Days 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.

### 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 studying besides working!

Unlike other courses, Genius in 21 Days 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!

### Susie Thomas

Since taking the Genius in 21 Days course, the techniques have helped me considerably in completing my university degree.

I began with a reading speed of around 200 words per minute, and after



a month following the course I was able to read at around 785 words per minute which is a great result for me.

This gave me the confidence to read more for pleasure in my spare time, knowing I could read books faster and get through more each month.

A few weeks after taking the course I had to research for and write my undergraduate dissertation, the reading techniques helped me scan through and pick out relevant information and read through in detail the relevant parts quickly and efficiently.

Using the mind maps and memory techniques I was able to study for each of my final exams in just 7 days, whilst still being able to take my evenings off to have fun.

My Mentor is always there to help or answer questions and motivate you to achieve your goals and help you practice the techniques. Thanks, Genius!

## Łukasz Kowalik

My name is Łukasz, I am an Affiliate Manager by profession. I have always been interested in self improvement, and at the beginning of 2019, I decided to learn a new foreign language from scratch, and completely change my career by breaking into the project management field.

The Russian language became my new study subject, and I found out that, in order for me to get into the project management field, I would have to pass the Prince2 qualification exam.

Juggling study assignments for both the Russian Language Course and the Project Management Course became a challenge in itself, therefore I started looking for possible ways of shortening my study time and at the same time retaining more information from the time spent studying those topics.

Miraculously, Genius 21 came to the rescue; it not only provided me with the tools and actionable strategies that lead to a boost in my reading speed, but they also helped improve my memorisation process, and proved to be invaluable in organizing the acquired knowledge in a simple, logical way.

In a mere two weeks, I managed to complete half of the project management syllabus while working two different jobs, and studying Russian at the same time. Those are the results that I would not have dreamed of achieving before, due to my busy schedule and lack of tools that could aid the process.

Genius in 21 Days had a dramatic impact on my life. After the course my job prospects improved drastically, I am now reading 2x faster than before while maintaining a high comprehension level. The tools that I mastered during the course are helping me learn any topic in a record time, freeing up a lot of time for other activities.



### Soumia Hifdi

Hi, I am a student at Middlesex University.

I got to know about Genius in 21 Days while I was in Italy, and I chose to take it because I was looking for a boost in my life to be able to achieve more goals in less time.

The weekend course was simply brilliant, both in Italy and in London! They delivered the course amazingly and the techniques they offered proved to be very effective. However, the part that I loved the most is the opportunity to have a personal Mentor. With that kind of support that guides you through the techniques and makes sure that you master them 100%, the process is extremely fast and motivating.

In fact, after taking the course, I finally decided to study Spanish, something that I had delayed for a while because of lack of time. With my greatest surprise, I was able to memorise 400 words in 10 days!

To make things even more exciting, reading books has always been painful, while now I can read 4 times faster, which for me is an incredible achievement.

Moreover, I was able to pass my IELTS exam with confidence and enthusiasm. This allowed me to have the courage to leave my job, enrol in university and find a new and better paid job which suits my new time schedule. I must say that I found that boost that I was looking for!!

The course doesn't only provide you with methods or techniques – which would be more than enough in themselves, but it also reminds you of how powerful your mind can be. This boosts your confidence, enthusiasm and creativity, which unlock the limits that you had put for yourself, allowing you to dream big and be less scared to take that uncomfortable step out of your comfort zone!

### Ryen Gibbson

Hi my name is Ryen Gibbons. I attended the Genius 21 course back in November and the techniques that I have learnt really helped throughout my time during university. I took this course to improve myself as well as become easily organised with my many parts of life. One of my most proud results was the speed reading; before I could only read around 90 - 120 words per minute, after the course I was able to read over 500 per minute. Mind mapping was confusing the way I was taught before, yet with the new way of learning how to mind map it made detailed plans easier to plan. Mind maps also helped me prepare and pass 3 exams on Game design. Using the Genius method has become amazing at processing information, never slower and with more practice my brain starts converting simple signs



and looks to important details which can easily be revised upon weeks after first trying to remember.

My plan for the future is yet to be decided however I am happy with taking this course as in the long run it will benefit my needs and the pay off will profit greatly.

## Alessandra Zorzato

I am a Senior Professional in the business intelligence sector with a busy schedule, a large team and the responsibility for a large budget. I chose Genius in 21 Days because I wanted to be able to read faster, understand better and memorise large volumes of information, and retain it. I was blown away by the course. I have not only achieved my goals but I have also met extraordinary people. And fallen in love with mind maps: they've changed the way I work for the better. At Genius in 21 Days the Mentors are approachable, very competent, caring and funny! And as I was at it, I decided to learn Mandarin. Thanks to the techniques I have learned at Genius in 21 Days, I could memorize 100 characters and sentences over a weekend!

## Jason Green

Attending and participating in Genius in 21 Days has been amazing, I got so much more from the course than I ever expected. All the coaches have such great positivity and energy, which makes learning the techniques really enjoyable. I run a successful technology company and I am an EOS Implementer, helping people get what they want from their business. I took the course to read faster and to challenge my mind and preconceptions. I would say that I have at least doubled my reading speed, but for me it is more about how the techniques help you retain the content, so for example you only have to read a book once. Mind maps have become an essential tool for me when I need to deliver a presentation or prepare for an important meeting. I can't recommend the course enough, you will learn so much and meet some inspirational people.



### Simran Rao

My name is Simi Rao and I'm currently a student at Mendham High-school in Mendham, New Jersey USA. I did Genius in 21 Days because both my brother, Zachin, and my mom had already done it and insisted that I did too. Zachin had already used the techniques he learned to achieve a long list of great things (listed in his testimonial) that I knew I had to take the course as well. After flying to London to take the course less than a month ago, I can say that every technique I learned has been implemented into my life and changed it for the better. I was able to change the way I took notes in school so that I could actively listen to my teacher instead of frantically writing every word I saw, which increased my information intake. I also learned just over 200 Chinese words after my first two weeks, and am learning more every day. I learn Chinese in school and it now takes me less than 15 minutes to prepare for any assessment, as opposed to the 2 hours it used to take. My favorite accomplishment would have to be my overall organization and productivity. I am in my junior year, and am taking 4 AP classes, as well as 2 other online classes outside of school since I am graduating early, and it would drive me crazy if not for the Genius techniques I have learned. Last year, my stress levels were constantly at an all time high and my homework took hours and hours which cut into my much needed sleep time. This year, even with my more difficult course load, I spend no more than an hour on homework each night, and have not felt stressed for a single test yet! The aspect of Genius in 21 Days that makes it so successful would definitely have to be the people who run it. They all are motivating, inspiring, and push you to achieve things you never thought possible without even realizing it! Take Genius in 21 Days, it's an incredible course that will change your outlook on learning.

### Mehdi Ras

My name is Mehdi. I have a background in Interior Design, Joiner Designer and Cabinet Maker in London. I decided to start University again in London this year in Business studies. The reason why I signed up to Genius in 21 Days was to make order and organisation in my brain, which has always been my best friend and my enemy. I will definitely recommend Genius in 21 Days to everyone because it helped me change completely my views on how to study and how to be more focused. I can definitely see a tangible change because I was able to do my first assignment in English and I finished it even 72 hours before the deadline. I started to read faster but first of all I started to read. I had never read a full book before, but now I can see that the comprehension in English is definitely better and I have





increased my reading speed by 2.6 times only 2 weeks after the course. I started using mind maps for my first assignment and that helped me organise better. Now I want to focus on how to memorise specific items faster and improve even more my comprehension when I read.

I can feel Genius and the Genius team is helping me change for the better day by day!

## Reiss Carter

My name is Reiss and I was a student doing A levels when I took the Genius course. I took this course in order to work on my study skills and become more effective in my learning and revision which would help me to get into the University I wanted. This course is helpful for those wanting to improve in terms of memory and performance. Personally I found that this helped me increase my reading speed and now I can read 3 times faster. Even though I don't read much, rather than my reading speed decrease it has stayed at a higher level. I am happy to say that I was able to get a place at Goldsmiths University to do a BA in Arts Management having used these techniques to pass my A levels, and therefore I would recommend those following similar routes. I am in a gap year at the moment looking to learn Spanish using the Genius method.

Thank you so much everybody.

## Simeon Logan

My name's Sim, and I work in Asset Management. I originally chose to take the Genius in 21 Days course in order to improve my memory and learn new memory techniques. I also wanted to improve my time management skills to try and organise my busy life. Having taken the course, I can say without a doubt that the techniques taught DO work. I work a lot with specific information relating to countries and risk ratings, and I am now far more adept at recalling this information, something my colleagues have commented on. I also use the note taking techniques taught, and again colleagues have specifically commented on the effectiveness of the mind mapping techniques I now use.

Whilst the course content itself is brilliant, it is the overarching purpose of the course which has had the most impact on me. There is a point in the course where you realise that you really do have no mental limits: that you can ultimately really achieve anything you put your mind to, mentally or physically. This has pushed me to approach even the most arduous chal-





allenges in life with a positive outlook.

When you take the Genius in 21 Days course, you don't just take a course, you become part of a community of like-minded people. People striving to learn and improve. There is such a positivity to everyone I know who has completed the course and to all the Mentors delivering the course. From the course itself to the follow up Soft-Skills Academy, I have noted a huge difference in who I am as a person and how I interact with others, all for the better. Indeed, I don't just feel like I've learnt new skills, I genuinely feel like I have become a better version of myself.

## Charmaine Turner

I'm Charmaine, a student Physiotherapist. Joining Genius in 21 Days was one of the best choices I made as it contributed towards the outcome of my thesis. The techniques taught me got my mind and attitude in the best state to focus better and approach a daunting task with a more positive perspective. The speed-reading techniques allowed me to consume copious amounts of text as well as trawl through and extract necessary information to write this paper. I have been able to improve by 4 times my reading speed maintaining comprehension. In the end I successfully achieved a distinction for my thesis. I'm very happy and appreciate the support.

On to the next goal!

## Christina Karuna

I took the course 6 month ago and it truly changed the ways I approach different areas of my life. It showed me what amazing potentials were hidden from me all the years. Having 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, which are helpful to address and eliminate exactly these issues and make studying, reading, learning new languages, acquiring 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 improve it. Prepar-



ing 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.

### Evie

I am a French tutor. But when I registered for the course, my intentions were personal. I wanted to learn mind mapping and to improve my memory. I have learnt and got so much more. I got new abilities and competences I use every day to organise my time, my activities, to make choices, to set goals, to read faster, to keep focus, to evaluate my progresses... I improved my teaching as well. I can help better my students by giving them keys to understand and learn better. I feel more self-confident in everything I do and more confident in who I am. So I can give better pep talks to my students. At Genius in 21 days, the team is very open-minded and always ready to help you to achieve your goals. A special thanks to my incredible Mentor, Clara, who has always been kind and supportive.

### Sally Lansdale

I'm an Osteopath working in London. I started to notice that sometimes I forgot words! I wanted to make sure that I kept my brain active and keep learning new things.

I am now learning Spanish and I have memorised over 250 words which I learned in just 2 weeks. I have also started to learn speed reading and I have doubled my speed in one month. My goal is to read one book a week which will be over 50 books in the next year! I love the course. It's really good fun while you learn amazing techniques. I'm going on holiday to Spain in June and I intend to speak Spanish while I'm there. Thanks to Martina, Jonathan, Giulia and the team for a fantastic experience.



### Coby

My name is Coby, I am a student and I did the course when I was in year 4 and 5. I did it with my dad and my family. For me the best thing about Genius in 21 Days is the mind maps and memorising the long numbers. The mind maps have really helped me at school, memorising facts and figures for tests and for public speaking. All my classmates were really impressed that I did my presentation for the public speaking competition from memory, without any notes. I also do the memorising 20 number routine, everyone loved it.

### José

Hi, my name is José, I'm an A level student in his last year of 6th form.

I first heard of Genius in 21 Days from my father who forced me to come to a taster lesson. At first I was sceptical for obvious reasons, but after the taster I was convinced that I had to take the course. My initial goal of taking the course was to increase the efficacy of my studying and improving my organisation in general, however I was unaware that the course and the individuals that make it happen would allow me to become a better person in all aspects of life.

The course was like no learning I've ever experienced and honestly, despite the 3 long days, I'd happily repeat it as many times as I can. The techniques taught are without equal and scientifically and anecdotally proven to improve learning and organisation at an unbelievable rate. You wouldn't expect that after 3 days you'd be able to do the same incredible memory tests demonstrated in the taster lesson but Giulia and her team make it easily attainable.

After taking the course twice now I've improved my organisation and focus in terms of study and the note-taking techniques helped me immensely in my interview for Cambridge. Most notably, in the span of a single day I was able to improve my reading speed from 247 words per minute to 1178 words per minute with a full comprehension of what I was reading. This just shows how the Genius Team is able to help you completely destroy your own personal limitations and maximise the functions of your mind in the best ways.

Along with the courses that come with Genius in 21 Days I am able to confidently say that I will be going into University life able to tackle any obstacle I face with efficiency and drive. If given a chance I would recommend everyone to take this course as there will always be something you can take away from it, no matter your background!



### Joao DaSilva Sebastiao

My name is Joao, I am an electrical site manager working in the construction industry. I decided to take the course to enhance my memory, speed reading and be more efficient at work. I attended the Genius in 21 Days course back in December.

Since I have completed the course my speed reading and comprehension has increased by 4 times within 2 weeks. I was extremely impressed with the result and pleased about the achievement so far. The new techniques learnt will be implemented going forward.

The course has enlightened and made me realise how powerful the mind is once you apply techniques to enhance your capabilities.

The results after the course have boosted my confidence a lot. The Genius 21 team has been great and contributed making the course a good experience.

### Gautam Sadh

When I enrolled for the G21D course, I was honestly not sure whether the course would deliver what was promised. However after attending the course, I noticed a significant difference in the way I now handle situations especially during stressful times. The best part is that they don't just teach and forget post the 3 day long immersion session but they actually follow up with focused mentoring for many more weeks helping to digest the information with continuous practise. The course has helped me improve my reading speed by 3 times, significantly improve vocabulary by applying memorization techniques, and effectively manage work notes and mind maps. I strongly recommend G21D personal development.

My sincere thanks to my Mentor Clara for helping me reinforce what was taught in the course during mentoring sessions and being available for any support any time.

### Giulia Liparota

I took the course Genius in 21 Days in June 2017, in Italy.

I've always wanted to learn English but unfortunately, before Genius, I always believed that I wasn't good at all with languages and that I couldn't learn any language well enough.



## Testimonials

Well... I was completely wrong. Actually I picked it up very quickly and now that I know how to be more efficient it is really a pleasure to study.

When I moved to London looking for a new experience, I didn't know much English, I only knew how to say a few sentences to get by. I couldn't even spell my surname correctly in English.

I started to memorise a lot of words and verbs and began practicing with colleagues at work. I learnt how to memorise new words effectively while people were speaking to me and after 6 months I knew more than 2000 words. Not only this but I also learned all of the most important grammar rules in only a few days! Using the Genius method allowed me to save a lot of time while learning. Now I am proud to say that I can speak English fluently.

I noticed also that my concentration skills improved a lot, since in the past I used to get distracted every five minutes.

Regarding speed reading, I have improved my speed by 5 times! In the past, reading used to be very boring and frustrating, but now it is enjoyable and fun.

Now I feel much more confident about myself and I can't wait to apply the techniques to learn another new language!

## Kuldip Rao

My name is Kuldip, I live in New Jersey, USA. I would describe myself as a driven, self motivated and adventurous woman. I am also the mother of three grown children.

In June 2019, circumstances had brought me to a low point in my life, and I really needed to do something outside of my comfort zone, big change was needed! Upon the eager recommendation of my son, I decided to invest in myself and take the Genius in 21 Days course in London. I had no idea how amazing and life changing this decision was going to be. I had attended many personal development programs prior, but nothing like this! This course provided me with so many tangible skills that opened up a whole new world with endless possibilities. I was so blown away at what I gained that it was a no-brainer. In August 2019, I took my other two children to London to take the course; hands down, it was going to be the BEST investment I would ever make in their growth trajectory.

After taking the course, my mindset completely shifted. I enrolled in three college classes, and the speed reading techniques were a huge time saver. I love mind mapping my lectures, and memorization was no longer laborious. As for learning Italian, I didn't realize learning a language could be so effortless. I have started learning Italian and I have already learned over 400 words. I am able to understand and speak conversational Italian, and my current grade is 94.5%. I have also returned to practicing and teaching Yoga.



My other passion, Astrology, has taken on a life of its own. I can hardly believe I am writing all this. I feel like I have found a mission, and my passion has been rekindled. I know that I am ready for my next chapter, every day I learn something new, I am humbled by my children, and I have found a purpose which I truly believe is something we all crave.

## Zachin Rao

My name is Zachin Rao, and I am a student in my final year of University. I am studying Economics and Chinese. I decided to take Genius in 21 Days because I was looking for something that would allow me to take control of my studies. I had a very rigorous course load while I was at the London School of Economics, and I wanted to be able to understand the material effectively without spending 5 hours on it every day. I was stuck in this loop of cramming work around the clock during the week, so that I could allow myself the time to visit a new country over the weekends. Though this was very nice, I wanted to have the freedom to spend time during the week working and earning money or getting to know London better, but my course load did not allow for that.

Then I took the course, and it completely transformed the way I approach learning and school. I was able to stay on top of my studies while having two jobs in London, and I was still travelling over the weekends! University became much easier, and studying for finals was a breeze compared to before. At LSE, I took two days to prepare a full year's worth of material for an exam where I would choose to write 2 essays out of the 5 random prompts provided - I got a First. Then, at Tulane (my University in the States), I had an Economics class called "Decisions Under Uncertainty". My classmates studied for an average of 10 hours over a few days to prepare for the exam (I asked them because I was curious how long people needed to prepare without the techniques that Genius teaches). I, on the other hand, prepared for 1 hour, in total, over two days. I do not know what mark my classmates got on the test, but I got a 29.3/30 on the Final Exam!

After I took the Genius in 21 Days course, I was so amazed at how much I could actually accomplish. The biggest thing I learned from Genius in 21 Days was how to take control of my life and my studies while not letting it take control of me, and redevelop my love and passion for learning. Now, I feel I can do anything and learn anything, it's just a matter of picking something and setting a goal, and it is as good as done. I am so happy with what I have learned, I am making it my mission to share about this course with as many people as possible because once you know how to use these techniques, well, there is just no other way to do things - everything else is just too slow and ineffective.





# Toby Woode

My name is Tobias Ekow Woode but I prefer to be called Toby. I am currently a sophomore and management information systems major at Ashesi university. I consider myself a passionate Christian and an extroverted leader. As such, I find myself involved in a lot of public speaking competitions and events. I love to speak but I also like to analyse. With regards to analysis, I focus on data analysis, design thinking and various problems even amongst my friend groups. I love interacting with people, because I am truly fascinated by how diverse people are from myself and my thought process.

Personally, I chose to take the course for a number of reasons. Even though at the time I felt that I was pretty comfortable with where I was, I understood how much power and potential this course has to push you ahead in life. One of my dearest friends and frankly my role model at the time, motivated me to do the course because she felt that it would make a huge impact on my life. Her recommendation in combination with my own zeal to excel and succeed in all that I do might have been the turning point for me. After the demo of the course, I knew that regardless of how comfortable I am academically, socially, mentally and even emotionally, there is so much room for improvement. As such, I knew that this course could not only charter a path for me to improve in all these factors, but ultimately I felt it could help me become the best version of myself.

I can attribute so many of my successes thus far to the course or to some benefit I gained from the course. When I began the course, my reading speed was at 120 words per minute. Since then, my reading speed has increased almost 6-fold to 670 words per minute. Where previously, readings for class would take almost two hours, I often finish up readings in less than thirty minutes. I was motivated to read more books and I even read one of the Harry Potter books in just about eight hours (where previously it would have taken me a week and a half). The encouragement I received from the Genius in 21 days community was also a massive help, in terms of motivation to achieve some of my goals. One such goal was to memorise twenty bible verses in two weeks. However, due to the immense encouragement I got from my Mentor, I was capable of memorizing fifty bible verses in the space of two days. I went on to apply the

long-term memory techniques to it, such that I can remember them months later, as and when I needed them.

With regards to my academics, the course allowed me to improve immensely because I was now equipped with efficient techniques to understand and process information. This allowed me to get A's in many of my courses along the way, as well as perfect scores on some of my tests. I was always a proficient public speaker, but for a specific competition, I decided to apply the memory technique, to memorise my entire presentation and I was capable of delivering it entirely without having to look on the slides behind me. Although I delivered the presentation, I worked with a team for





that project and we placed 3rd in the competition out of several teams.

We were also commended by the judges to have had the best delivered presentation.

These are a few of the tangible results I have gained since taking the course. There are several other benefits I have gained, just for even being a part of the Genius team which I will cherish for as long as I am able. Genius has opened up my eyes to a world of possibilities. I feel like there is no limit to what I set my mind to. As such, my perspective on learning has completely changed. Because my reading speed as well as my ability to understand information has greatly improved, it takes far less time to learn things that I want to. It's almost as though I have fallen in love with learning all over again. I hope to practise the techniques more and more, to the point where I may even become a Mentor at Genius in 21 Days UK. But for now, I feel hopeful and expectant for all the new challenges I will overcome along the way.

## Jade Cheung

I took the Genius in 21 Days course out of curiosity, following a presentation from one of the members of the team. I was in for a surprise as I think that whilst I had no particular goal in mind, it changed my life. I work full time in an investment bank and I was able to study a bit short of 5000 words of Spanish in my spare time within the space of 3 months and achieved a B2 level at the SIELE examination board. I read faster and can memorise the contents of non-fiction books that I always wanted to read but never started. Furthermore, at a personal level it has helped me as I love travelling to far flung places around the world and I use the techniques for both languages and names and faces to create a better connection with the people I meet. Most importantly, I think the course has empowered me with a feeling that "I can", so I recommend it to anyone who has a growth mindset.

## Carol Armah

I am a recent graduate and Faculty intern of a University in Ghana.

I usually thought of myself as a great public speaker until I did a public speaking competition in 2018 and forgot my speech in the middle.

I decided to take Genius in 21 Days because I wanted to improve my learning generally as well as my ability to address a crowd.

Two weeks after my course session, my Mentor Yaw Adom guided me to plan, organize and write a speech for a competition, that would brand me



as one of the most professionally outstanding students in my university. I memorized every word of my 402-word speech and as an icing on the cake, I memorized a 50-digit number. A sequence of numbers I planned to recall in order from memory as a mic-drop.

My mic-drop worked, as the end of my speech was met with a standing ovation throughout the auditorium. To many other students, after my name was mentioned as the Gold medalist for the competition, I had indeed become one of the outstanding students in school due to competitiveness of the process.

Shortly after, I began to use the techniques to study for my courses. My grades also began to burgeon and improved from a grade point average of a 3.3 to a 3.78, as my Mentor helped me improve my consistency, memory and internalization skills.

In hindsight Genius in 21 Days was my best 2019 decision.

## Rakshan Rao

My story starts on a mid-summers eve, during a time when I was still fresh out of military school, eager to seek a new opportunity for me to attend college, but I did not know where to start at first. Applying to community college seemed like the best option since it was only 15 minutes away from me, and it allows me to stay at home with my family, which I wanted after being away from home for five years of my life. During that time, I had been doing everything I could to get into that college with assistance from my family. Since college was still a new area for me, I started having doubts about how well my performance would be during the upcoming semester. I knew that my past academic history was somewhat a roller coaster with classes. Sometimes I would get good grades, but other times I would fall behind and receive grades based on my work ethic. I then started to doubt my own capabilities, and when that happened I fell into a state of depression. I was not able to express my positive emotions naturally and instead I was able to show anger and aggression towards something that sent me to my boiling point. This made it difficult to communicate and empathize with other people since I was emotionless. I had thought to myself at that point, “This is it for now. No matter how much you say you will do well, your grades will show how bad of a student you are.” I was hopeless and I even thought about joining the military since that life was most familiar with me.

The sudden turning point began when my brother spoke to my sister, my mother and I about the power of Genius in 21 days and what it had done for him. He was highly expressive of his success during the time abroad at university, and I was so impressed that my brother had achieved so much during his school year, that I wanted to strive to attain that feeling. When my family and I were first told about Genius in 21 days I did not hesitate



to question what it could do for me. The stories that I was writing could have more organization to them, my note taking abilities could flourish and I could be able to recall them afterwards. I knew that I could very well push myself towards this goal, but I also was aware of my laziness and lack of motivation to get things done which was the only thing limiting my full potential; self-doubt. I made the decision that this constant negativity had to leave. I no longer wanted to be my own worst enemy and I wanted to feel at ease, whilst pushing myself out of my comfort zone to better myself.

When my family reached England, and then the Genius in 21 days' office, I was greeted by the Mentors there: Giulia R., Yaw, Clara, Martina, Giulia L. and Michela. I immediately felt the friendliness and warmth that goes around the office. I was still not quite that open but I had to learn that about myself during the course. I could feel that I was in great hands and was bound to go through moments of self discovery. During the weekend, I was extremely receptive to all the information. No limits, motivation, belief in myself and knowing I can do anything I set my mind to, because there is nothing holding me back from doing so. The learning environment was fantastic and allowed me to really appreciate everything I was being taught. I am forever grateful for everything I had learned in those three days and I'd felt ready as ever to go to school to become that video game developer that I saw myself becoming after college. My emotionless state had evolved into one where I can feel my emotions again and I was eager to put the skills to use in a learning environment such as a classroom.

However strange it was that my classmates looked at my notes and realized that they were way different than what they were writing for the first couple weeks of school, it did not bother me.

My notes were for me to look back at to refresh my memory from the previous lesson, and this allowed me to remember so much more than the standard format of notes I had kept to. I was able to participate in learning and show the teacher that I was paying attention to the class by reminding her of the last lesson and where we left off at. I was in an English class that gave me seven weeks to progress to the next level of English, otherwise remain in that class until I succeed, and I was writing all of the key points the professor was writing or saying and the lessons were clear based on my notes. My homework assignments were to read through some of the chapters and know them for the next class, which I read through quickly and shortened my homework time. In addition to what was done in the classroom, I also looked to learn Spanish outside of school and it was amazing. I no longer felt restricted by my own abilities to put in extra effort to achieve a higher level of learning and I felt like I was already speaking Spanish. 300 words in two weeks! By the time school was done for the rest of 2019, I was ready for the next semester, and I was ready to work on my personal project.

Video games have been in my life for about as long as I have been in school and I love to draw and create little stories. So, with the techniques I learned with genius, I used them to plan out my story and I have been able



to clearly see the direction of the story, and create additional details to improve the overall quality of it. Eventually, I can go back through and turn it into a video game down the road once it is completed.

Genius in 21 days has allowed me to not feel so overwhelmed when I get a lot of work to do for school that requires reading, writing, or answering questions. I can think with clarity and have a calm mind when I go to work. I don't feel awful about learning languages because I know I can remember the words and converse after learning those words. If I was asked if I could remember a few hundred Spanish words in less than two and a half weeks, one year ago, then my answer would be much different. Overall, Genius has given me so much hope for the future, my career and it helped me to achieve a level of confidence that I held but didn't realize I had (not only in academics but in how I carried myself around places). This experience was eye opening and definitely is something that everyone can benefit from and learn about themselves in doing so.

## Winston Best-Ezeani

My name is Winston Best-Ezeani, I am a student at Ashesi University in Accra.

I chose the course because I needed a lot of organization of my thoughts and ideas.

Before the course, it was difficult for me to develop a clear thought process because I usually got lost in a lot of details and spent hours in simple tasks. After learning mind maps and memory techniques, I became more clear in thoughts because I recall information I commit to memory at any time. As a result, I got 4.0 the semester right after the course and I mind mapped my entire final year project in 2 days.

I feel so much more confident now and I have many more goals. I want to learn two new languages and I feel I can use my time more efficiently. For example it used to take me about 30 minutes to plan the details for the day. Now it takes 10-12 minutes on average.

Another important thing I have noticed is that before the course, I wouldn't start learning something unless I was particularly interested in it, and I would avoid subjects such as business and finance. Now instead, I just feel I want to learn more because learning is no more difficult, therefore I am learning about financial strategy and business development.



# Delasi Dafeamekpor

My name is Delasi Dafeamekpor, a recent graduate of Ashesi University. When I took the Genius in 21 Days course, I was in my final year and had so much to do with very little time. I wanted to study more and manage my time wisely. I ended up exceeding my expectations by the end of my mentoring sessions. The skills I learnt at the course helped me to plan my daily routines better and I read much faster than before. My biggest goal was to excel in my thesis project. The accountability and push I had from my Genius Mentor pushed me to work very hard and I not only had a distinction but gave the best project presentation. I achieved so much with the skills I received from the course, but most importantly it gave me confidence to know I can do anything I put my mind to.