

## Mind map, intensive training



DPIC-81 2 Days (14 Hours)



## Description

Once you have mastered the basic notions of mind mapping or Mind Mapping, it is important to practice regularly. This internship offers you the opportunity to consolidate your knowledge and discover new techniques. Practical exercises will help you overcome your difficulties and improve your productivity and communication skills.

## Who is this training for ?

### For whom

Anyone wishing to optimize their efficiency with the mental map in a professional context.

### Prerequisites

Basic knowledge of the fundamentals of mind maps. Possibility of bringing your mental map creations to exploit them.

## Training objectives

- Identify your difficulties in constructing a mental map
- Improve your note-taking
- Enhance the creativity and diversity of your team through the mental map

## Training program

### Les fondamentaux du Mind Mapping

- The fundamentals.
- The laws and technique of Mind Mapping®.
- Perfect visual thinking.
- Take ownership of the map mental: identify difficulties.
- Combine conceptual maps and mental maps.
- Practical work Note-taking practice from a text, from a speech.
- Operation, analysis and adjustment.
- Visual training: Simple, Quality, Vision, Individuality.

### La valeur ajoutée des nouvelles formes de prises de notes

- The beneficial effects: the cognitive aspect.
- The law of least effort.
- The power of topolanguage and Sketchnoting: what complementarity? Text versus map.
- Take notes from speeches.
- Speech à la carte: before, during, after.
- Keywords, hinges, connectors , autonomous blocks.
- Collective note-taking: co-production.
- Benefits.
- Interaction: facilitator and group.
- Practical work Taking notes in mental maps from a text, a speech, then oral restitution.

### Communiquer avec efficacité grâce à la carte mentale

- The rise of communication.
- Identify the determining points of effectiveness.
- Looking aloud.
- Using the speed for efficiency.
- Practical work Scenario to anchor new knowledge and skills.
- Cards Taking notes in meetings, interviews and telephone.

### Utiliser la carte mentale dans les situations de collaboration

- Diversity.
- Unleash your team's creative potential.
- Beyond problem solving: decision-making.
- Practical work Creation of maps developed in sub-groups: presentation on a strategy, a project, a re/organization.
- Operation, analysis and adjustment.