

# MIND TRAINING SESSIONS

## SUMMARY

### The FDR Technique

- # Simple could be smooth and effective and easy.
- # Image the name of a person on their forehead, like a name badge in an imaginary form.
- # Knowing that you remember things using your senses that are visual, auditory and kinesthetic.
- # Remembering names will take effort but not as much as you think
- # Visual - write the name on the person's forehead
- # Auditory - repeat the name 2- 3 times
- # Kinesthetic - use micro movements to write the name
- # Today's Action Step
  - \* Practice the FDR Technique
  - \* Share the results in your respective groups