



Extreme Reader Programme

Profit from knowledge with step-up study and speed reading skills

A one and a half day course designed to stimulate and relax the mind, exercise mental and muscular reading skills and introduce power strategies for rapid gathering and assimilation of knowledge.

If success in the age of information means staying up-to-date and vitally well informed, then the speed and quality of your reading really does matter.

Time is money and the real cost of an average effective reading speed can sometimes come as a bit of a shock.

Most of us read between 200 and 300 words per minute. If reading accounts for just 20% of your workload, then **doubling your reading speed could generate an extra half a day a week of free time.**

For someone earning £40,000 per year, then *losing* that half a day a week is costing around £4000 *every year*. Add the cost of lost opportunity and work related stress, and the bill creeps even higher.

- Prepare quickly and easily for regulatory exams, client briefings and team meetings
- Get up to date on industry news and important changes in legislation
- Generate more time for profit building activities
- Eliminate your 'read later' pile and take less work home
- Demonstrate a well informed opinion on any topic, book or specialist publication

What makes the *Extreme Reader Programme* so successful?

Extreme Reader was first developed by Vanessa Cobb in 1998, to assist Government advisors with their overwhelming report reading load. Vanessa recognised the problem from first hand experience.

Eighteen years earlier, she had abandoned her own academic studies due to poor reading skills. Determined not to be beaten, Vanessa explored every speed reading system she could find, but none of the methods made more than a little impact. One day, while relaxing with a sketch pad in her garden, Vanessa chanced upon a simple idea and discovered the one missing step that was to transform her experience for good. Consequently, Vanessa left her administration job, returned to University, gained her degree and began a new rewarding career as a presenter, writer and coach.

How it works

The major challenge to shifting reading gear is often the brain's insistence that it cannot be done. By addressing this issue in practical and eye-opening ways, **Extreme Reader** provides the opportunity to side-step self-imposed obstacles and to engage untapped potential for acceleration.

Our unique approach involves *Change in Perception* exercises coupled with a flexible 5-step reading plan and a 2-week practice period, followed by review. This provides the framework in which variable speed reading can be applied to every case of research, study and knowledge acquisition.

A remarkable bonus to the course is that as the brain accepts the ability to read faster, it can embrace other daunting challenges with new enthusiasm. One student, Anna, had felt humiliated as a child learning to read out loud. With a staggering improvement in reading speed at the end of the course

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she declared: "I'm no longer afraid!" Later that year, Anna went backpacking in China on a trip she'd been longing to make for years.



Advance your personal and professional goals with the next *Extreme Reader Programme* to be held at the Crowne Plaza Gatwick Hotel in Crawley, on Tuesday 20th October and the morning of Tuesday 3rd November.

The full course includes a highly interactive first day of exercise and discussion, followed by participants' own practice sessions of just twenty minutes daily, with the final morning to regroup, review progress and explore advanced applications.

Lunch and refreshments are provided on both days and the event will be conducted by Programme Director Vanessa Cobb. Email and telephone support is also available between sessions.

Value Guarantee

Our 100% Value Guarantee ensures you gain the benefit you are seeking from your participation, giving you the peace of mind to know you made the right choice.

The techniques presented on the programme may not be right for everyone. Once you have completed the course, including all the practice sessions, we ask you to assess the actual value you gained. Should that equate to a sum less than your fee, and we are unable to help you further, we will reimburse the difference, no quibble.

Special Offer: £50 voucher for early booking – only available NOW!

Confirm your place on the next course by **4 p.m. on Friday 25th September 2009** to benefit from more than a 12% saving against the fee.

We would like to pass on the benefit of early booking to our course members, which is why we invite you to confirm your place *before* we are required to submit our room deposit to the Crowne Plaza.

The full fee for a place on Extreme Reader is £395. Those who confirm their place by phone, post or email, reaching us by **4 p.m. on Friday 25th September**, will be awarded a time-limited voucher worth £50 against the fee, for use when settling the account in full, **strictly within 7 days thereafter**.

Gain the opportunity to capture **half a day of FREE time** every week for the rest of your career for only £395 (*or £345 with your early booking and payment voucher.*)

To reserve your place today:

Simply complete the booking form accompanying this message, and return it to **Rapid Return Development** by post, fax, or email, or call our booking hotline with your details.

Call: 0845 868 0125 to secure your place now.

We look forward to working with you.

**Call: 0845 868 0125 or Fax: 0845 869 3108 or Email: booking@rapidreturn.co.uk
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