The Mind Series
It’s not enough to have a good mind, the main thing is to use it well. 
René Descartes
Sean M. Kelly

B.Sc. MSc. NLP

Sean M. Kelly is a Professional and Personal Development Trainer/Coach with over twenty years experience. He has developed and delivered training to many successful businesses and organisations in many countries.

Sean has an honours degree in Physics and Mathematics and is a Master Practitioner in NLP. He also has qualifications in business, psychotherapy, hypnotherapy, public speaking and yoga. In 1997 Sean achieved 8th place in the Tony Buzan World Memory Championships. He came 51st in 2012, his first competition in fourteen years.

Sean is also a published author, accomplished musician and an Ironman Triathlete who competed for Ireland in the 2010 European championships.
In the last decade there has been more information created on the planet than there has since time began! Can any of us keep up with it all? Simple answer ... no! However we can manage the information we need to manage a lot more effectively and efficiently by learning more about how our brain works and using techniques like mind mapping and speed reading. That is what this course will teach you.
Unleash Your Hidden Brain Power

In the recent past many new things have been discovered about how our brains work. Most of this information is still not known by most people. Once we do learn more about our brain it’s amazing how much easier information can be managed and learnt. It’s amazing how much we can develop our professional performance and talents. And it’s quite incredible how much more creative and innovative we can become. This course will put you on the road to developing these inherent talents and unleashing more of your brain’s hidden potential.
Creating Your Future

Does your professional and/or personal life need more focus, direction and inspiration. So often we can get into a comfort zone within our organisation and miss out on opportunities that can bring our professional and personal life onto the next level. This highly inspirational and thought provoking 1 day workshop offers you an opportunity to invest some time to work on your purpose, vision and goals and a practical action plan. These will not only move in a direction which greatly improves your performance, inspires you to unleash your inherent greatness within your workplace but also does so in a way which increases your energy levels and keeps your life balanced!
Creativity and Innovation

This one day course on creativity and innovation will not only inspire you to be more creative it will show you how to continuously nourish it over time and give you the tools necessary to instantly unleash your creative ideas. We will also introduce how to turn your creative ideas into innovations within the workplace to improve performance, personal excellence and productivity.
Accelerated Learning

With the growing need to keep up to date with developments in your professional field and in technology, your ability to learn easily, effectively and quickly is becoming more and more important. Included in this core skill is also your ability to concentrate and put your attention where it needs to be. There are so many distractions in the workplace today that some organisations are now saying concentration is the most important business skill of all.

This inspirational, thought-provoking and practical course will give you the skills necessary to improve your management of “information overload”; improve your memory/recall.

It will improve your concentration, your speed reading and make learning any new skill/knowledge a lot easier and more effective. The amount of time that you will save knowing how to make better use of your mind and learning more effectively will produce quantifiable results that will astound you.
What would life be like with no memory? Even though there is a part of us that doesn’t even want to contemplate this question, many of us take our memory for granted and just hope it always works for us. Many of us also believe it is inevitable that it gets worse with age. A far more positive approach is to ask ourselves can our memory improve? Can our recall improve? And can our concentration improve? Well, let us show you how!

Can your memory recall and concentration improve?

Some comments from people who have benefited from mind training with Sean M Kelly:

Were your objectives met on the course
- Absolutely – highly enjoyable and informative, Sean did a great job
  Bernard Foley, Training Officer, AIG
- Yes they were, Mind Mapping and Speed reading
  Peter Donohoe, HR Manager, Glanbia
- Yes they were more than met
  Brendan Perry, Software Engineer, Bank of Ireland

What were the 3 most useful things you learnt:
- Speed reading, memory pegs and use more creativity
  Michael Cullen, Head of Strategy, Allied Irish Bank
- Speed reading, mind maps and relaxation
  Gerry Hegarty, Asst Principal, Dept Social & Family Affairs
- Body Language and Frame of Mind
  Siobhan Forsyth, Software Engineer, Bank of Ireland
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