

# buzan





## INTRODUCING MIND MAPPING



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an intensive training Course in Mind Mapping took place during the Month of January at Henley Business School ( UK ), under the supervision of Dr. Toni Buzan and Master Hilde Jaspaert . Kamal darouni, Assistant professor NDU , General Secretary of AAA and Managing Director Infomarkets training company was attending this important worldwide workshop.

## **1-what is Mind Mapping**

in brief - It's "the whole brain alternative to linear thinking. It reaches out in all directions and catches thoughts from any angle." The role of mind map Mind map can help you To Plan , Communicate ,Be more creative ,Save time ,Solve problems ,Concentrate ,Organize ,Remember better and study faster. Many geniuses used the technique of mind mappings such as: Leonardo Da Vinci, Michael Angelo, Charles Darwin, Sir Isaac Newton, Albert Einstein and many others...

## **2-Know your brain**

If you understand how your brain likes to learn and function, it will reward you by working better for you. In the last half of the century, it was discovered that the number of brain cells was not just a few millions but billions! 167 times the number of people on the planet. Our brain is so powerful and important to the extent that if we were to represent its power it would be by a building far bigger than the 100- storey skyscraper. Different part of the brain control different functions. The way you draw a Mind Map reflects the manner in which your brain likes to think. Our brain is divided to two parts the left and the right brain. The left brain is about everything that is logic, words, numbers, sequence where as the right brain is about everything that has to do with imagination, daydreaming, colour, spatial, holistic... to be able to be as more creative as possible and use all of its potential we have to use both the right and left brain equally so we can come up with exciting results because using one part of a brain and ignoring the other you will reduce the overall potential of your brain. Our brain potential is infinite

## **3-Creating your first mind map**

First take a sheet of plain paper and some colour pens. Turn the piece of paper landscape. In the centre of the page draw an image that represents a subject for you.

Second draw some thick branches radiating out from the central image. Use a different colour for each branch will represent your main thoughts. On each branch, print clearly and in large the first five single key words that come to you.

[www.mind-map.COM](http://www.mind-map.COM)

Third let's use association to expand this Mind Map Limit yourself to three or four sub-branch levels. With a mind map, a long listing of boring information can be turned into a colourful, organized, memorable diagram that works in line with your brain's natural way of doing things. The successful principle is TEFCAS as an acronym Trial, Event, Feedback, Check, Adjust and Success .For training and purchasing mind mapping software write to Kamal Darouni: [kdarouni@hotmail.com](mailto:kdarouni@hotmail.com) ([www.mind-map.COM](http://www.mind-map.COM))