



# ASTD Monthly Meeting

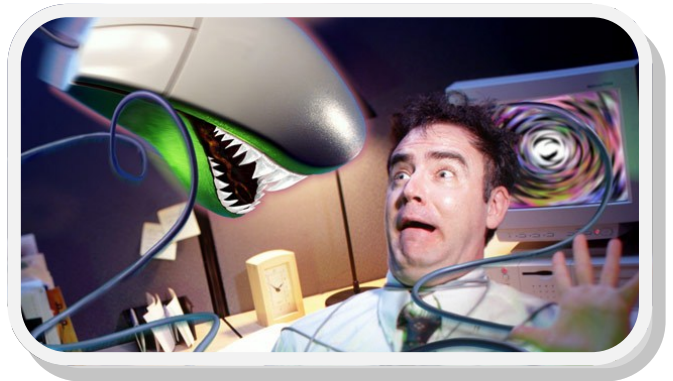
**April 22, 11:30 a.m.—1:00 p.m.**  
Rancho Cordova City Hall,  
2729 Prospect Park Dr., Rancho Cordova CA  
Register at [www.astdsac.org](http://www.astdsac.org)

ASTD Sacramento invites you to an interactive presentation...

## **“Maximizing Your Memory—For Trainers” with Michael Lawrence Green:**

In today’s fast-paced high-pressure business environment, trainers are being constantly challenged to keep it all together and remember what they need to deliver solutions in a dynamic, energizing way. Challenges such as ongoing organizational changes and demands, constant travel, rotating hotel rooms, and changing audiences contribute to lapses in memory.

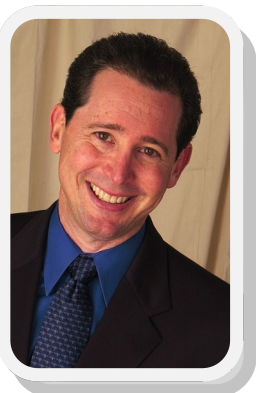
Do you have to sit by idly and let your memory, the details, and your clients satisfaction slip away? No! You can take a proactive approach toward improving your performance by attending **Maximizing Your Memory— for Trainers!** When you decide to enhance your memory skills — you take action to improve your performance and the quality of your life. What is your memory worth to you? It’s priceless!



**Within this dynamic and energizing 1 hour session, you will:**

- ♦ **Test your current memory**
- ♦ **Learn vital memory influencers**
- ♦ **Learn a new memory retention technique**
- ♦ **Learn to Remember Faces and Names**
- ♦ **Have fun!**

**memoryspring**



Michael Lawrence Green is the president and founder of Memory Spring ([www.memoryspring.com](http://www.memoryspring.com)), a company dedicated to being the leader in enhancing people’s memories. He is also the co-founder of Delta-4 ([www.delta-4.com](http://www.delta-4.com)), a leadership, teambuilding, and sales training company. In addition, Michael is also an instructor for Cooperative Personnel Services (CPS).

Over the last 17 years Michael has worked with a number of companies including The Atlanta Braves, Caltrans, The California Department of Consumer Affairs, The California Department of Motor Vehicles, Chevron, The City of Sacramento, Electronic Arts, Frontier Communications, The Houston Rockets, Kaiser Permanente, Keenan & Associates, Maloof Sports & Entertainment, MCI, MWH, The National Hockey League, Nextel, News 10, Pride Industries, The Sacramento Rivercats, SureWest, Teichert, UC Davis, URS Corporation, Xerox Corporation and others.

In addition to memory enhancement, Michael has worked with thousands of people on Leadership, Teamwork, Selling, Communication Skills, The Value of Relationships, Selling, and other skills. Michael is a graduate of California State University, Northridge.