



Eastern Connecticut State University

NEWS

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For Immediate Release

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Uncap Your Memory Potential at Eastern Workshop

Willimantic, Conn – If you're a business professional who would like to learn how to improve your presentation skills, learn how to retain information and have quick recall of customers' names, Eastern Connecticut State University (ECSU) is adding professional development courses to their fall curriculum that can help.

The workshops will teach students how to increase their memory power, sharpen their communication and presentation skills, and discover their learning style.

Carl Messina, vice president and training director of the Memory Training Institute, will share his principles on Mnemonics, the science of memory, on Thursday, Sept. 23. In the *Advantages of a Powerful Memory* workshop, students will learn specific techniques for greater retention of people's names and faces, technical data, presentation skills and much more. "My objective is to continue to enhance the highest learning levels people can aspire to through proper training," said Messina.

"Professional skills impact every employee, and have traditionally been high cost and varied in quality from instructor to instructor. Now, Eastern is providing one and two-day workshops at a reasonable cost," says Edith Longhenry, coordinator of the Office of Professional Development at Eastern.

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Eris Mackey, a dynamic educator and communicator with more than 20 years experience in instruction, will teach three other professional development workshops, *Presentation Skills*, *Learning Styles*, and *Effectively Communicating in Today's Culturally Diverse Environment* beginning Tuesday, September 14.

For more information about Eastern's workshops, noncredit or online courses, please call the Office of Professional Development at (860) 465-5125 or visit their website at easterncet.edu/ce/pr.

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Eastern Connecticut State University is part of the Connecticut State University (CSU) system and is the state's public liberal arts university. ECSU serves more than 5,000 students each year on its Willimantic campus.