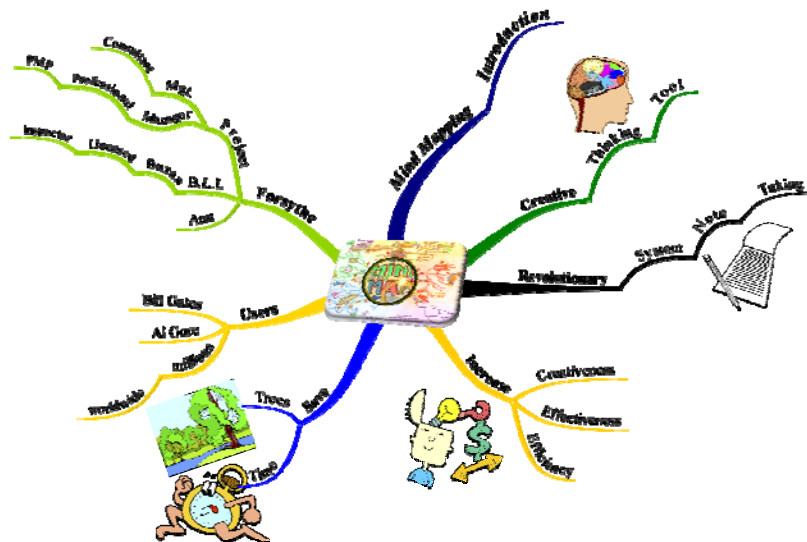


Mind Mapping- An Introduction



Mind Mapping is a fantastic creative thinking tool and revolutionary system of note taking. Invented by Tony Buzan in the 1960s, it is the whole brain alternative to linear thinking. Mind Mapping harnesses the full range of cortical skills – word, image, number, logic, rhythm, colour and spatial awareness in a single, uniquely powerful manner. In extracting thoughts from our head onto paper, a Mind Map mirrors the way our brain functions.

Virtually all Fortune 500 Companies use Mind Mapping including, IBM, Boeing Aircraft, Microsoft and the BBC. There are millions of Mind Mappers all over the world - all ages and all walks of life, and some very high profile Mind Mappers, among them **Bill Gates** and **Al Gore**.

This introduction to Mind Mapping will explain what a Mind Map is, the rationale behind Mind Mapping and how this tool can be used in all aspects of business to increase productivity, effectiveness, and how it can be a tremendous boost to creativity.

Ann Forsythe

Ann Forsythe, is an independent Project Management Consultant and has been using Mind Maps in business for over 20 years, managing large scale change programmes, mainly in the financial services sector. Ann is a Buzan Licensed Instructor in Mind Mapping, and is the only one in Northern Ireland. She is also an accredited Professional Project Manager (PMP) and a member of the Institute of Directors.

