

Enriched Learning: Unleashing Your Brilliance

Brian E. Walsh, PhD

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Reviewed by Erika K. Oliver for Reader Views (6/06)

The red tie and audience applause gets my attention. Brian Walsh seems like your usual keynote speaker but the tie stands out and the audience seems very pleased to have him in attendance. He's here to help us "unleash the unlimited potential of your own mind" by sharing learning concepts that will make our own learning and teaching more effective. The video and talk are well organized as Dr. Walsh uses the learning techniques he shares to help his audience process this information. Two flip charts, a concept map, stories, analogies and audience activities keep the information interesting while at a manageable pace.

Dr. Walsh begins by making a case for the importance of understanding what affects learning. He then discusses concept maps, obstructions to learning, how the brain works, memory (watch out for the vowel movement), multiple intelligences, neurolinguistic programming, and hypnosis. Did you know that being 5% dehydrated decreases cognitive ability by 30%? How about the fact that information goes to your subconscious first, then to your conscious mind after being filtered?

My favorite section is in the beginning when Dr. Walsh discusses how change and growth happen outside the comfort zone in the area of chaos – the area of chaos is where learning takes place. He physically demonstrates the difference between moving away from a bad situation and moving toward a goal. We change when we are no longer happy with our current situation. When we simply alter enough to move away from where we are, our growth is minimal. If, however, we set a goal and move toward that goal, our distance will be greater as will the quality of our new situation. In other words, real change will have occurred.

Throughout, statistics and facts are offered up but we remember that, in the introduction, Dr. Walsh advised us to not try too hard to remember everything. His methods do work with retention as I found myself mulling over his words several days after viewing the tape. "Did you know that people are drawn to red and that you should wear something red when you're teaching in order to get people's attention," I advise my husband days later.

This 90-minute course in accelerated learning is worth the watch for educators, trainers, counselors and speakers but also for anyone who participates in self-education. As someone who thinks life is a buffet and wants to sample everything, Dr. Walsh's information helped me understand how to enhance all my learning opportunities.