

# Mind Mapping

Mind mapping is a visual thinking tool that uses a combination of words, images and colours to help tease out an issue or problem quickly and creatively. A mind map uses a structure that mirrors how the brain functions, so it is intuitive. It starts with a central topic or idea, and then breaks it down into more detail. Many people find that creating a mind map helps them formulate and present ideas and thoughts quickly and easily, and solve problems.

## How to mind map

- Start with your main idea or topic in the centre of the page
- Break it down into points or themes, creating a 'branch' from the centre for each one
- Each theme or 'branch' can be broken down into smaller or less important points. Think of them as 'twigs'
- Use headings or short phrases and images if you can
- Use symbols and different colours to highlight key themes and to connect points

