



# Mind Mapping

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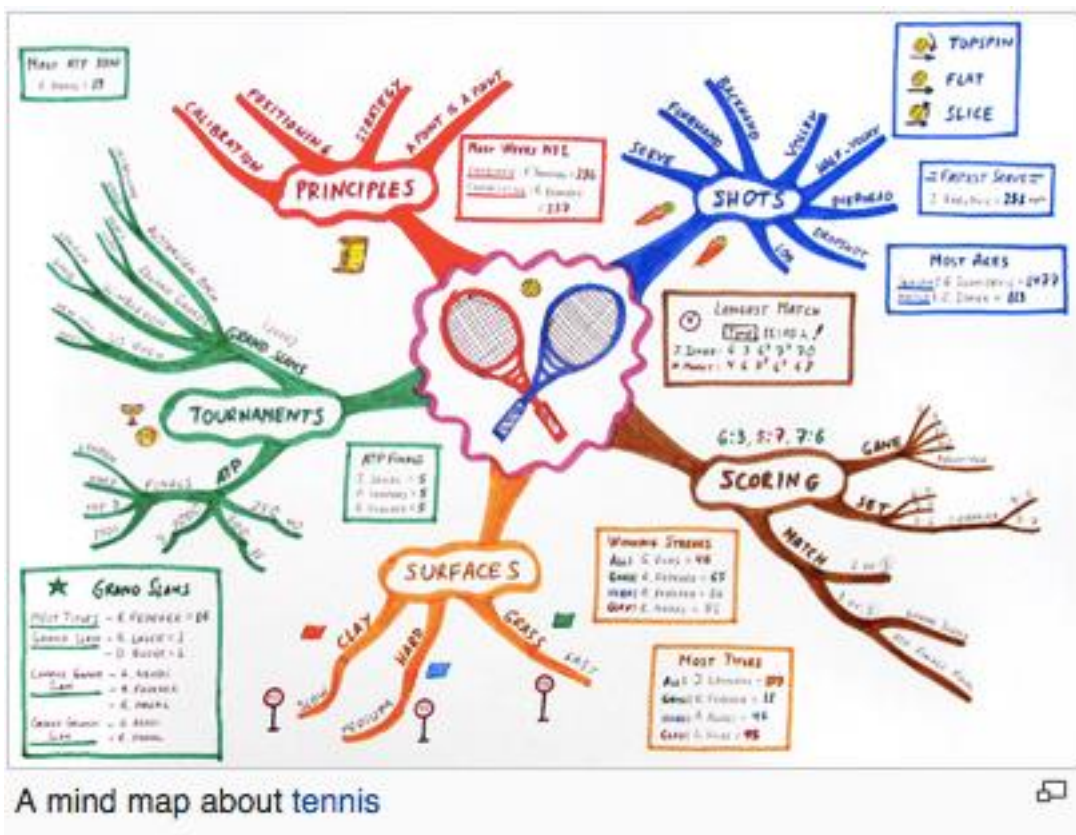
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**JOHN BESSANT**  
Managing Innovation

# Mind Mapping

This is the name given to a variety of approaches which use visual representation to show relationships between different elements. It was popularised by Tony Buzan in the 1970s and offers a helpful way to structure thinking and make those thought processes available to others. It also provides a powerful aid to recall since the brain remembers the shapes and interconnections as well as the content of the map.

Maps can take many forms - a simple example is given below. There is usually a central idea and then various branches for developments of that idea.



A wide range of software is available to support mind mapping activities and there are good descriptions and explanations on this website <https://www.mindmeister.com/>.