Keystrokes we mentioned at the meeting. Here's the link

https://support.apple.com/en-us/HT201236? fbclid=IwAR2uW3h12ckCKWX4wqIQDk_EOUeL6z9Gm WjtmwxIp82cJnQbVM_DAfFLiq4

Also, KeyCue, an app for finding and learning shortcuts was mentioned. The website is ergonis.com