

People Skills Training

# Graduate Sustainment Session: Developing a Stronger Memory and Building Confidence - Via Webex

In-Person

Developing a Stronger Memory and Building Confidence

## What You'll Learn

Identify four of the most common reasons we forget people's names, and learn memory development techniques to counteract them. Explore different tools for remembering names, including on social media. Discover how increasing your memory skills can be fun and inspire confidence. Not to mention, make other people feel special, too!

## Why you want to learn it

Dale Carnegie said, "A person's name is to that person, the sweetest, most important sound in any language." Today more than ever, business professionals need a network of people to help them advance their career. Use the lessons from this course to show you are a leader who cares for each individual in that network—and start by remembering their names!

## How it will help you

Remembering names will set you apart as a caring and sincere leader. Not only will you be seen as professional, you'll establish rapport with individuals, building trust and respect – and a network! Take your career to the next level by building relationships one handshake—and one name—at a time.