

MIND TRAINING SESSIONS

SUMMARY

Remember Names with the SUAVE Method

- # The no 1 business etiquette skill is remembering people's names
- # People will forget what you said, people will forget what you did, but people will never forget how you made them feel. - Maya Angelou
- # The challenge is not your retention, it's your attention
- # Be Suave -
 - B - Believe you can
 - E - Exercise (Practice makes progress)
 - S - Say the Person's name
 - U - Use the name in the conversation
 - A - Ask about the name
 - V - Visualize (Turn the name into a picture)
 - E - End with the name
- # Remember MOM and Be Suave
- # Task for the day
 - * Practice Turning Into Pictures the names of your fellow learners
 - * Share the number of names you already remember and commit to remember them all