

Improve Memory to Help Your Career Skills

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Women are known to multitask. It is a talent many are proud of, often performing out of mindless repetition, often learned because of their experience rearing their children, sometimes learned because they grew up in a large family where everyone had to work together to keep the household in order. Is it a wonder that at some point they become overworked and overstressed and forget something important?

In the business world, your career skills depend heavily upon your memory. It could make or break your chance to get that long-awaited and much deserved promotion or maybe the vacation you've earned. One little forgetful mistake and everything could fall apart. No pressure, right?

Learning to take some time for yourself, to give yourself that few minutes of peace and relaxation may be all you need to improve your memory and grab that moment of success. Businesses have learned that successful employee performance relies upon ensuring their employees get their much deserved breaks and that positive enforcement is a key element to moving forward and upward. Some businesses have built-in gyms, daycares, saunas, sandwich machines offering healthier choices.

On another note, improving your memory will make it easier to get through those business meetings, lunch dates, or parties where recalling names is essential to success. Calling an important person by the wrong name could be devastating to your career.

Some banks have practiced rewarding the customer with a dollar if their teller doesn't greet them by name. It is, of course, a temporary advertising gimmick. It does make for better customer service relations to hear one addressed as more than a ma'm or a sir. The customer feels more appreciated and may make an effort to be more pleasant when the teller seems more aware of them as a person rather than a nameless face.

Any job you choose will suffer if you don't make the effort to remember the important aspects of that job. If you are unconcerned and think you can get by with the minimum of effort and attempt to substitute where it is unacceptable, it could cause you to be fired. Forgetting courtesies, forgetting to clean up a mess you made, forgetting to return things to their proper places, forgetting to wash your uniforms, forgetting to bring the right tools for the job, forgetting the due date of a project.....all are critical for overall performance ratings and job security. Your boss and your co-workers need to know they can count on you to remember and to put forth effort.

It makes for better relations between you and your fellow employees, too, when you can remember personal things about them. Birthdays, the special events in their family life (such as little Charlie or little Susie having a big recital at school), their favorite candy, or perhaps their favorite musical artist, all could bring kudos for you should you require their support on a special project or need a favor or want their positive input when you get a performance review. Not to mention, remembering these little things will bring happiness to others and should help you be a better person for making the effort to care.