

# 5 steps for learning names

## **1 - Pay attention!**

What you don't notice, you won't remember.

## **2 - Say the name immediately.**

Repetition helps memory. And it's polite!

## **3 - Connect the name and face to something familiar.**

Imagine a link between the name, the person, and something you already know.

## **4 - Use the name at the end of the conversation.**

Repetition helps memory. Ask if you don't remember.

## **5 - Write the name down, with details.**

Writing helps memory. Refer to it later, when you think you may see the person again.