



Working Memory: Improving Your Memory for the Workplace (Alternatives)

Billy Roberts

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Not only are thousands of man-hours lost and degrees of business efficiency sacrificed to inefficient memory, but when we seek to explain this problem we put it down to an inability to remember things when , in truth, it is a failure to learn. We all have a wonderful memory - our brain is a machine of quality no man can build - but few of us train ourselves to maintain its performance or improve upon it. If we leave home without a shopping-list or forget to iron a shirt, we can live with the consequences without great suffering; in our business lives, however, we may prejudice our own careers, even endanger other people's safety, and certainly cost our employer money. Improving our memory for the office, factory, boardroom, shop floor or international business meeting can bring great reward and personal gratification.

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