



Electric Boat Management Association (EBMA)

What's in a Name? Tips and Tricks for Remembering Names

Facilitated by Meredith Kyle

Overview:

Names are powerful. They are often the first step toward building trust, showing respect and creating a sense of belonging in the workplace. Yet, many professionals struggle to remember names—especially in large organizations or virtual environments. This engaging, interactive workshop provides practical techniques for remembering names and explores the deeper value of name recognition in fostering inclusion, psychological safety and stronger interpersonal connections at work.

Learning Objectives:

By the end of this workshop, participants will:

- Understand why remembering names matters for inclusion and professional rapport
- Learn and practice proven memory techniques to recall names more easily
- Explore cultural considerations around names and pronunciation
- Gain strategies for navigating situations when a name is forgotten
- Leave with a personal action plan for applying what they've learned

Outcomes and Benefits:

- Greater inclusivity and team cohesion
- Improved interpersonal communication
- Practical, memorable techniques for everyday use
- Increased confidence in social and professional interactions

Facilitator Information:



Meredith Kyle is passionate about developing future leaders and helping people reach their full potential. She has worked in Workforce Development at General Dynamics Electric Boat for the last five years, focusing on leadership development programs, learning strategy and mentorship. Prior to her life at EB, she worked in the hospitality industry and served as an adjunct faculty member in North Carolina, Vermont and Massachusetts. She received her master's degree in organizational leadership from Gonzaga University and her Bachelor of Science in hotel administration from Cornell University. In her spare time, she can be found coaching your sports, promoting EB to our community and organizing local events.

If you are interested in signing up for this workshop, please email ebmamd@gdeb.com [to be enrolled in the class](#). If you have any questions, please reach out to EBMA Management Development Director, Lexi Byrd, at ebmamd@gdeb.com or 860-433-8037.