

Meredith Gardner Reveals How Romancing Multi Tasking Menaces Relationships At Work

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In 2008, it was estimated that US businesses wasted around \$650 billion due to multitasking, and it can only be more one decade later. Most people believe that they can multitask, but The Strategic Edge founder, Meredith Gardner Ph.D., <http://www.strategic-cio-solutions.com>, knows that most people actually can't. Through her in-house, corporate training, she aims to demonstrate how romancing multitasking is actually endangering relationships at work.

Meredith Gardner says: "According to recent research, people who multi-task the most tend to be impulsive, sensation-seeking, overconfident of their multi-tasking abilities, and tend to be less capable of multi-tasking. The same research also showed that people who scored highly on a multi-tasking test tended not to multi-task as much as others because they were better at focusing on completing one job at a time."

These days, narcissistic attitudes seem to be on the rise. If a telephone conversation is so important that it has to be answered or made immediately, it so obviously merits full attention, and that simply can't be achieved while someone is also doing something else. Further, a growing number of people are getting fed up with the constant chitter-chatter, especially when the offending phone users speak in a voice loud enough to be heard several feet away.

During her training, as shown on <http://www.strategic-edge.com>, Meredith Gardner aims to help people to get over the habit of being glued to their phone. She suggests that people create a to-do list, placing the most important thing at the top and actually getting it done. She explains: "Set a time each day to check email, and break projects into manageable chunks. Know what time of day you do your best work. Dare to be slow... someone who is doing the highest priority task is probably not answering incoming e-mail while they're doing it."

For further information on Meredith Gardner and her corporate training programs, people are encouraged to contact her directly through her email, mgardner@strategic-edge.com, or through her LinkedIn profile at <http://linkedin.com/in/meredithgardnerphd>.

Meredith explains that both The Strategic Edge and Strategic CIO Solutions are interpersonal communication companies. Meredith Gardner, Ph.D., is a noted behavioral psychologist, author, speaker & media guest. Their services include: Exec Coaching, B2B Mediation/Conflict Resolution, Seminars, and Facilitation.

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For more information about The Strategic Edge, contact the company here: The Strategic Edge
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The Strategic Edge

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